



D

GB

F

NL

E

I

PL

P

DK

CZ

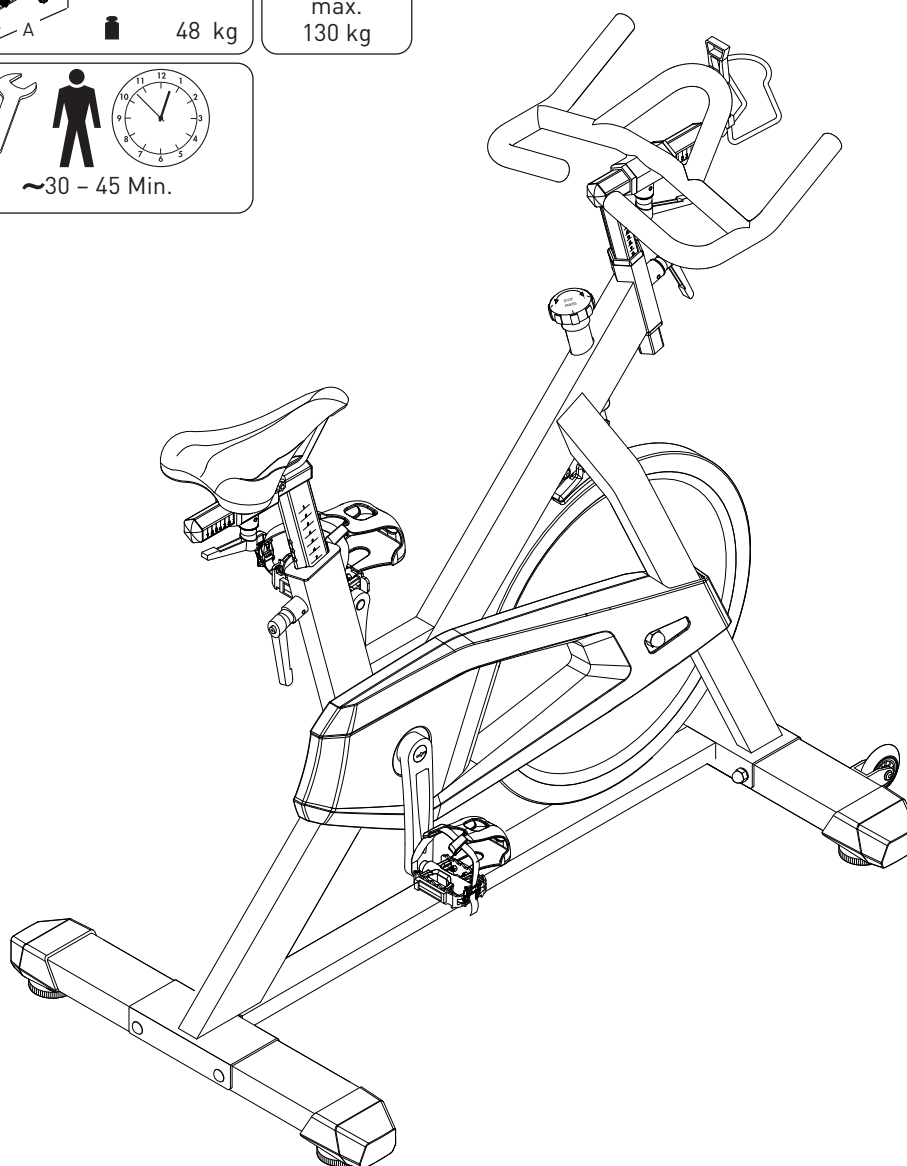
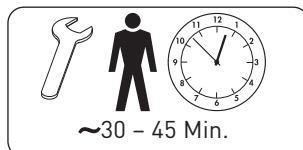
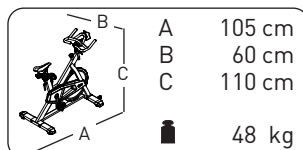


Abb. ähnlich

Montageanleitung Biketrainer „SPEED 3“ / „SPEED 5“
Art.-Nr. 07639-X00

GB Important Instructions

Please read these instructions carefully prior to carrying out assembly and using for the first time. They contain information which is important for your safety as well as for the use and maintenance of the appliance. Keep these instructions in a safe place for reference purposes, maintenance work and to assist you when ordering spare parts.

SPEED 3 / 07639-100

- ⚠ **WARNING!** The exercise device is intended for home use only.
- This training machine is in accordance with DIN EN ISO 20957-1 class H and DIN EN 957-10 class H.
- Lock the device when not in use.

For Your Safety

- ⚠ **RISK!** While assembly of the product keep off children's reach (Choking hazard - contains small parts).
- ⚠ **RISK!** Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- ⚠ **RISK!** Instruct people using the equipment (in particular children) on possible sources of danger during exercising.
- ⚠ **RISK!** Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- ⚠ **RISK!** The device does not have a freewheel! The disc flywheel is connected directly to the pedals via a V-belt and does not stop independently. The movement can only be stopped by actuating the emergency brake or reducing the step frequency in a controlled manner.
- ⚠ **RISK!** The device does not have a freewheel! The disc flywheel is connected directly to the pedals via a V-belt and does not stop independently. The movement can only be stopped by actuating the emergency brake or reducing the step frequency in a controlled manner.
- ⚠ **WARNING!** The training device should be used only for its intended purpose, i.e. for physical exercise by adult people.
- ⚠ **WARNING!** Before beginning your program of training, study the instructions for training carefully.
- ⚠ **WARNING!** Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by KETTLER service staff or qualified personnel trained by KETTLER.
- The training device has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
- In case of enquiry, please contact your KETTLER dealer.

Instructions for Assembly

- ⚠ **RISK!** Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a risk of suffocation if children play with plastic bags!
- ⚠ **WARNING!** Please note that there is always a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- Ensure that you have received all the parts required (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your KETTLER dealer.

SPEED 5 / 07639-200

- ⚠ **WARNING!** The exercise device can be used in a sports studio or club. However, it may only be used in an environment that is supervised by authorised personnel.
- This training machine is in accordance with DIN EN ISO 20957-1 class H and DIN EN 957-10 class S.

- If the equipment is in regular use, check all its components thoroughly every 1–2 months. Pay particular attention to the tightness of bolts and nuts. This is particularly true for the attachment of grip strap, running plate and fastening of the handlebar and front tube.
- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use the equipment. Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health!
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- Wear appropriate footwear (sports shoes) when using the speed bike. When using the click pedals, use shoes with the right cleats.
- Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical modifications.
- In choosing the location of the apparatus, ensure a sufficient safety distance from any obstacles. The apparatus must not be mounted in the immediate vicinity of main passageways (paths, doorways, corridors). The safety distance surrounding must extend at least 1 meter further than the practice area.
- Nobody may be in the moving range of a training person during training
- This exercise machine may only be used for exercises indicated in the training instructions.
- The training machine must be positioned on a horizontal, stable surface. Place suitable cushioning material underneath it for shock absorption and to stop it from slipping (rubber mats or similar).
- When assembling the device, observe the recommended torque information, if specified. (M = xx Nm).
- Pedals and brake pads are particularly subject to wear!

- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the locknuts by hand until resistance is felt, then use spanner to finally tighten nuts completely against resistance (locking device). Then check that all screw connections have been tightened firmly. Attention: once locknuts have been unscrewed they no longer function

Handling the equipment

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
 - It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.
 - The machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
- ⚠ RISK!** The device does not have a freewheel! The disc flywheel is connected directly to the pedals via a V-belt and does not stop independently. The movement can only be stopped by actuating the emergency brake or reducing the step frequency in a controlled manner.
- A slight production of noise at the bearing of the centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedalling result from engineering and are absolutely safe.

correctly (the locking device is destroyed), and must be replaced.

- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).

- The training device has a electromagnetic brake system.

- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.

Care and Maintenance

- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original KETTLER spare parts.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- Use for your regular cleaning, maintenance and care our appliance maintenance set (Article no. 07921-000) specifically licensed for KETTLER Sports apparatus and available from the Sport specialized trade.
- Please ensure that liquids or perspiration never enter the machine or the electronics.

List of spare parts page 72-73

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product (see handling).

Example order: Art. no. 07639-100 / spare-part no. 68001089 / 1 pieces / S/N Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Goods may only be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible. It is important to provide a detailed defect description / damage report!

Important: spare part prices do not include fastening material if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words „with fastening material“.

Waste Disposal



KETTLER products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

GB KETTLER GB Ltd.

Kettler House, Merse Road
North Moons Moat
Redditch, Worcestershire B98 9HL

www.kettler.co.uk

☎ +44 1527 591901

📠 +44 1527 62423

e-mail: sales@kettler.co.uk

USA KETTLER International Inc.

1355 London Bridge Road
Virginia Beach, VA 23453

www.kettlerusa.com

☎ +1 888 253 8853

📠 +1 888 222 9333

e-mail: sales@kettler.co.uk

Messhilfe für Verschraubungsmaterial

- GB - Measuring help for screw connections

- F - Gabarit pour système de serrae

- NL - Meethulp voor schroefmateriaal

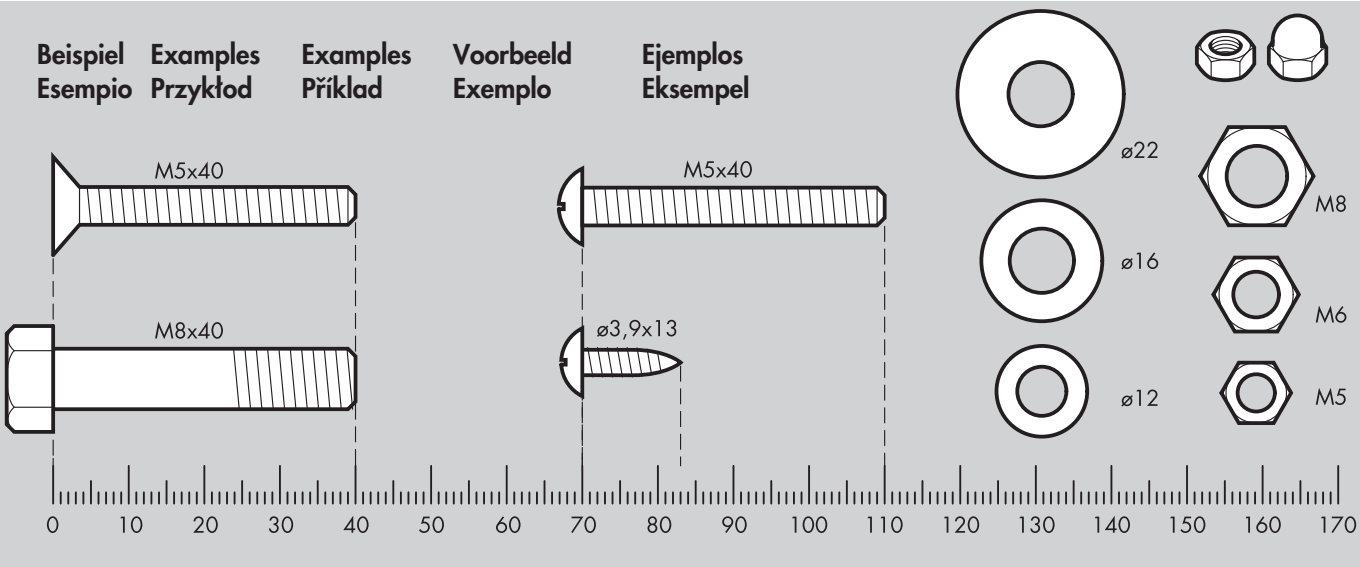
- E - Ayuda para la medición del material de atornilladura

- I - Misura per materiale di avvitamento
- PL - Wzornik do połączeń śrubowych

- P - Auxiliar de medição para materiais de aparafusamento

- DK - Hjælp til måling af skruer

- CZ - Měřicí pomůcka pro materiál k přišroubování



- D - Benötigtes Werkzeug - Gehört nicht zum Lieferumfang.

- GB - Tools required - Not included.

- F - Outils nécessaires - Ne fait pas partie du domaine de livraison.

- NL - Benodigd gereedschap - Is niet bij de levering inbegrepen.

- E - Herramientas necesarias - No forma parte del volumen de entrega.

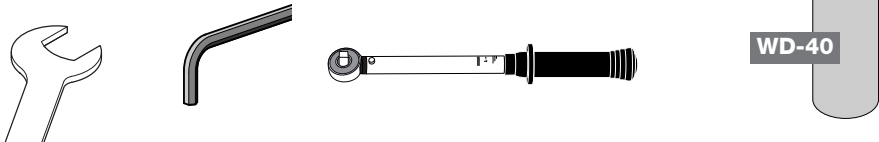
- I - Strumenti necessari - Non in dotazione alla fornitura.

- PL - Narzędzi - Nie należy do zakresu dostawy.

- P - Ferramentas necessárias - Não está incluído nas peças fornecidas

- DK - Værktøjer kræves - Er ikke inkluderet i leveringsomfanget.

- CZ - Nářadí potřebné - Nepatří do rozsahu dodávky



Abstand

distance

distance

afstand

distancia

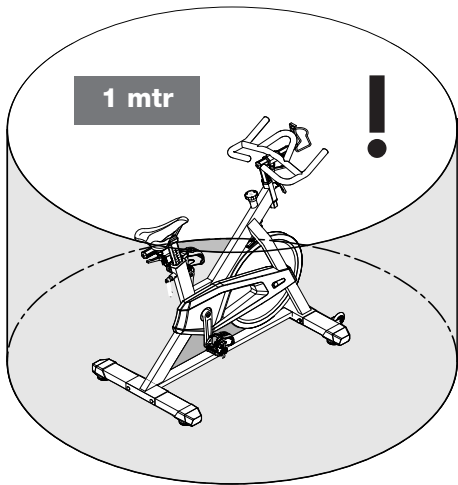
distanza

dystans

distância

Afstand

vzdálenost



- D - Schraubverbindung regelmäßig kontrollieren.

- GB - The screwed connections must be controled at regular intervals.

- F - Resserrer le raccord à vis à intervalles réguliers.

- NL - Schroefverbinding moet regelmatig opnieuw vastgedraaid worden.

- E - La atornilladura debe ser apretada con regularidad.

- I - Il collegamento a vite va riserrato ad intervalli regolari.

- PL - Połączenie śrubowe musi być regularnie dokręcane.

- P - Verifique regularmente as uniões roscadas.

- DK - Kontrollér skrueforbindelsen regelmæssigt.

- CZ - Šroubové spojení pravidelně kontrolujte.

Checkliste (Packungsinhalt)

- GB - Checklist (contents of packaging)
- F - Liste de vérification (contenu de l'emballage)
- NL - Checklijst (verpakkingsinhoud)
- E - Lista de control (contenido del paquete)
- I - Lista di controllo (contenuto del pacco)

- PL - Lista kontrolna (zawartość opakowania)
- P - Lista de verificação (conteúdo da embalagem)
- DK - Checkliste (pakkens indhold)
- CZ - Kontrolní seznam (obsah balení)

	Stck. 1
	1
	1
	1

	1
	1
	1
	1

73

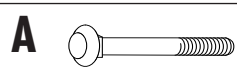
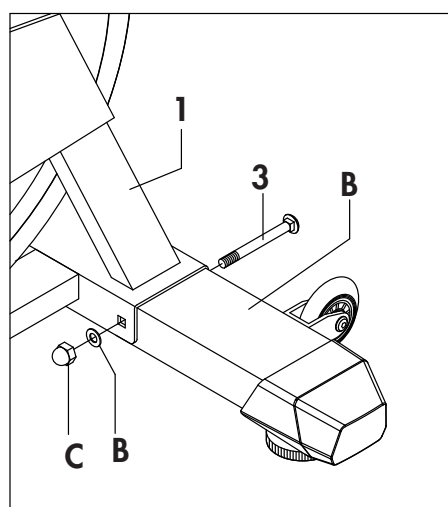
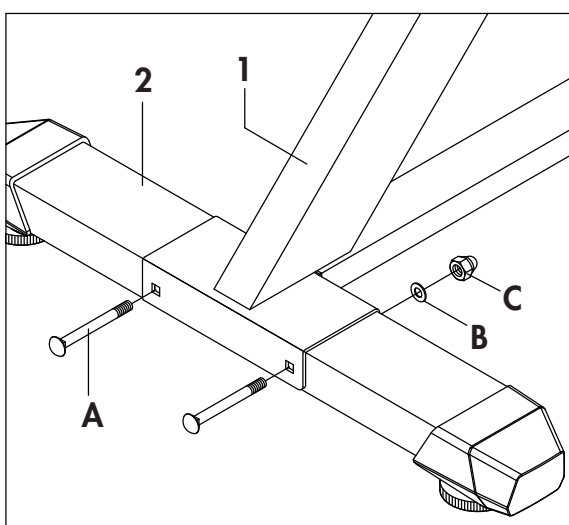
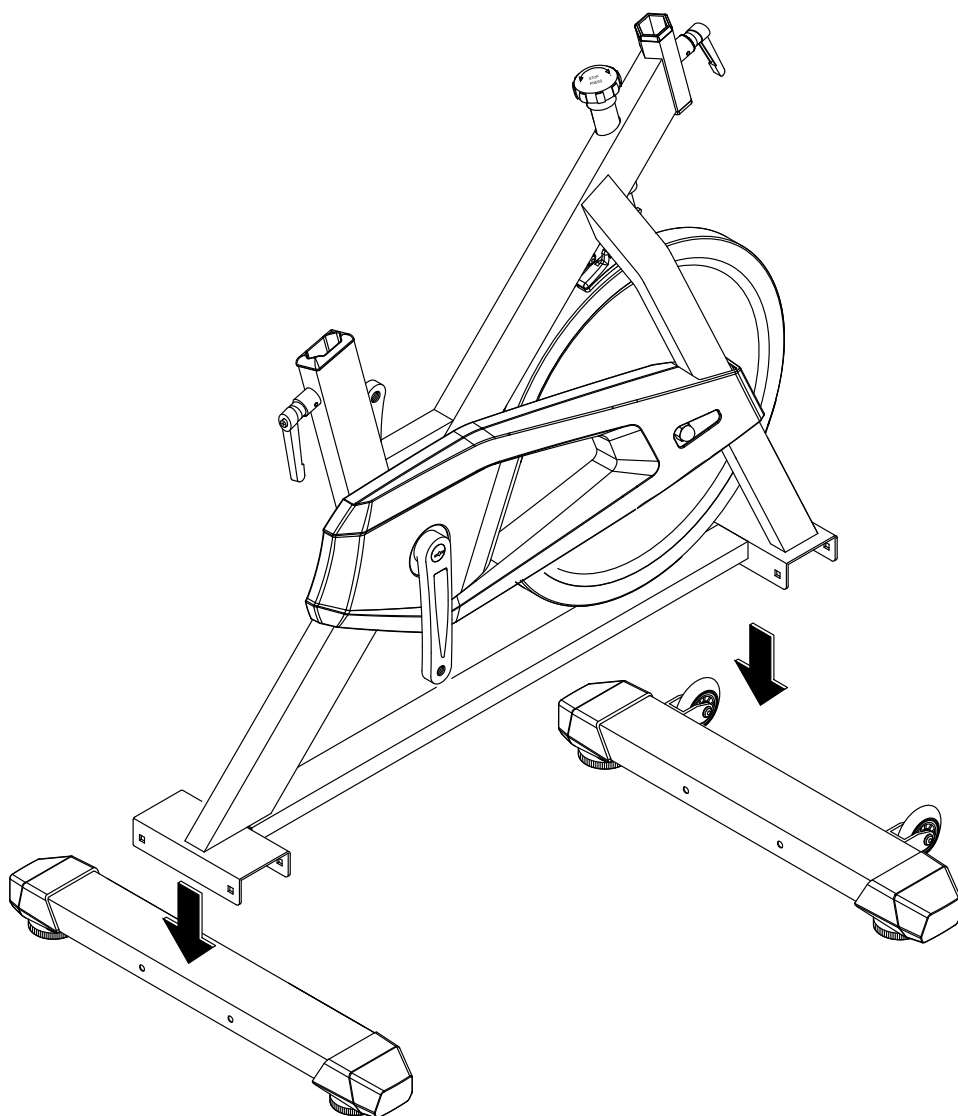


Pos. 30

	M 8 x 100	4
	ø 16x8,5	4
	M 8	4
	M 5 x 15	2

SPEED 3 / 07639-100

	1
--	---



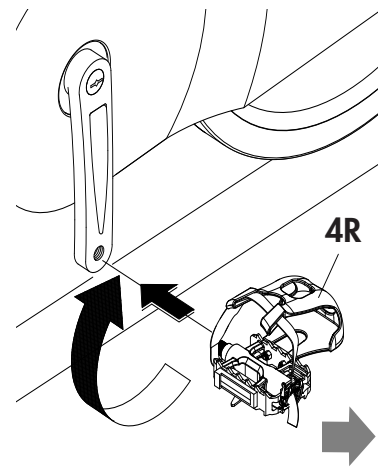
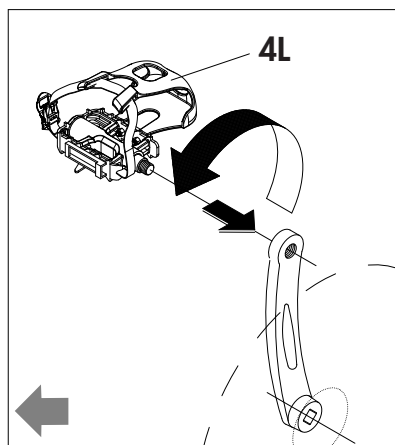
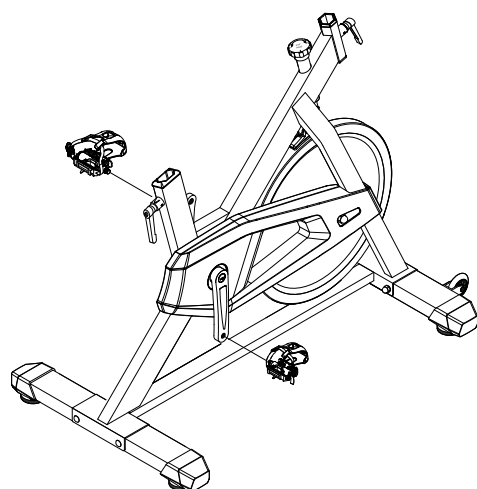
A
4x M 8x100 = 20 Nm



B
4x $\varnothing 16 \times 8,5$



C
4x M8



SPEED 5 / 07639-200

Montage der Klickpedale und Schuhe

2.1 Pedale an die Pedalarms montieren

Mit einem Innensechskant- oder Maulschlüssel die Pedale an die Pedalarms montieren. Die Pedalachse weist ein eingestanztes "L" oder "R" auf, um links und rechts anzuzeigen.

Die rechte Pedale hat ein Rechtsgewinde (normal).

Die linke Pedale hat ein Linksgewinde (entgegengesetzt).

2.2 Schuhplatten montieren

Bestimmen Sie die beste Schuhplattenposition und ziehen Sie je Schuh die beiden Befestigungsschrauben mit einem Innensechskantschlüssel an. Beachten Sie die Richtungslage der Schuhplatte > Spitze nach vorne!

2.3 Anpassung der Pedalspannung

Die Federspannung wird für jedes Pedal an der Pedalrückseite mit einer Einstellschraube angepasst.

Um die Federspannung zu erhöhen, wird die Einstellschraube im Uhrzeigersinn angezogen.

Um die Federspannung zu verringern, wird die Einstellschraube entgegen dem Uhrzeigersinn gelöst.

GB SPEED 5/07639-200

Mounting the click pedals and shoes

2.1 Mount pedals to the crank arms.

Mount the pedals to the crank arms using an Allen key or an open-end spanner. The crank arms have an 'L' or 'R' stamped into them to differentiate the right from the left.

The right pedal has a right-hand thread (normal).

The left pedal has a left-hand thread (opposing).

2.2 Mount the cleats

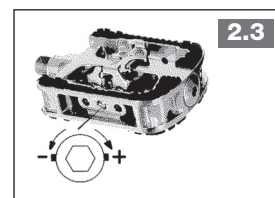
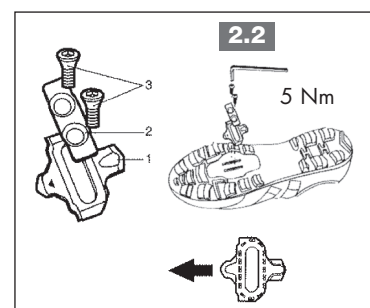
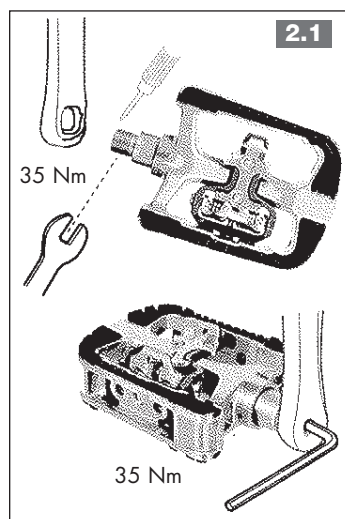
Calculate the best position for the cleats and tighten the two mounting screws on each shoe using an Allen key. Take note of the direction in which the cleat is facing > the end should be facing forwards!

2.3 Adjusting the tension on the pedal

The tension of the spring on each pedal is adjusted at the back of the pedal using an adjusting screw.

To increase the tension on the spring, tighten the adjusting screw in a clockwise direction.

To decrease the tension on the spring, loosen the adjusting screw in an anticlockwise direction.



F SPEED 5 / 07639-200

Montage des pédales automatiques et chaussures

2.1 Monter les pédales sur les manivelles

Monter les pédales sur les manivelles à l'aide d'une clé à six pans creux ou d'une clé plate. L'axe de la pédale accuse un "L" ou un "R" embouti pour indiquer la gauche (L) et la droite (R).

La pédale de droite a un filet à droite (normal). La pédale de gauche a un filet à gauche (dans le sens inverse).

2.2 Monter les cales de chaussures

Déterminez la meilleure position des cales de chaussures et serrez les deux vis de fixation par chaussure avec une clé à six pans creux. Tenir compte de l'orientation de la cale de chaussure > pointe vers l'avant !

2.3 Adaptation de la tension de pédale

La tension du ressort s'adapte pour chaque pédale au dos de la pédale au moyen d'une vis de réglage.

Pour augmenter la tension du ressort, serrer la vis de réglage dans le sens des aiguilles d'une montre.

Pour diminuer la tension du ressort, desserrer la vis de réglage en tournant dans le sens inverse des aiguilles d'une montre.

NL SPEED 5 / 07639-200

Montage van de klikpedalen en schoenen

2.1 Pedalen aan de pedaalarmen monteren

Met een inbussleutel of spanner de pedalen aan de pedaalarmen monteren. De pedaalas is gemerkt met een gestante "L" of "R", om links en rechts aan te geven.

De rechter pedaal heeft rechtsdraaiend schroefdraad (normaal).
De linker pedaal heeft linksdraaiend schroefdraad (tegengesteld).

2.2 Schoenplaten monteren

Bepaal de beste positie voor de schoenplaten en draai per schoen de beide bevestigingsschroeven met een inbussleutel vast. Let op de juiste richting van de schoenplaat > punt naar voren!

2.3 Aanpassen van de pedaalspanning

De veerspanning wordt voor elk pedaal aan de achterzijde van het pedaal met een instelschroef aangepast.

Om de veerspanning te verhogen wordt de instelschroef met de klok mee aangedraaid.

Om de veerspanning te verlagen wordt de instelschroef tegen de klok in losgedraaid.

E SPEED 5 / 07639-200

Montaje de los pedales automáticos y zapatillas

2.1 Montar los pedales en las bielas respectivas

Montar los pedales en las bielas con una llave Allen o una llave de boca. En el eje de los pedales viene estampada una "L" o una "R", para indicar respectivamente el pedal izquierdo o derecho. El pedal derecho tiene una rosca a derechas (normal).

El pedal izquierdo presenta una rosca a izquierdas (opuesta).

2.2 Montar las placas de las zapatillas

Determine la mejor posición para las placas de las zapatillas y apriete en cada zapatilla los 2 tornillos de sujeción con una llave Allen. Tenga en cuenta la orientación de la placa > ¡La punta debe estar dirigida hacia adelante!

2.3 Ajuste de la tensión de los pedales

La tensión del muelle para cada pedal se ajusta en la parte posterior del mismo mediante un tornillo de ajuste.

Para aumentar la tensión del muelle, se aprieta el tornillo de ajuste en sentido horario.

Para disminuir la tensión del muelle, se afloja el tornillo de ajuste en sentido antihorario.

I SPEED 5 / 07639-200

Montaggio dei pedali con aggancio e calzature

2.1 Montaggio dei pedali sui bracci per i pedali

Montare i pedali sui bracci per i pedali utilizzando una chiave a brugola o una chiave fissa. Sull'asse dei pedali è impressa una "L" o una "R" per indicare la sinistra e la destra.

Il pedale destro ha una filettatura destrorsa (normale). Il pedale sinistro ha una filettatura sinistrorsa (contraria).

2.2 Montaggio delle tacchette

Definire al meglio la posizione delle tacchette e per ogni scarpa stringere le due viti di fissaggio utilizzando una chiave a brugola. Osservare la corretta direzione della tacchetta > punta diretta in avanti!

2.3 Adattamento della tensione dei pedali

La tensione della molla viene adattata per ogni pedale sul retro del pedale mediante una vite di regolazione. Per aumentare la tensione della molla, stringere la vite di regolazione in senso orario.

Per diminuire la tensione della molla, stringere la vite di regolazione in senso antiorario.

PL SPEED 5 / 07639-200

Montaż pedałów zatrzaskowych i butów

2.1 Należy zamontować pedały do ramion pedałów

Zamontować pedały do ramion pedałów za pomocą klucza z łbem walcowym o gnieździe sześciokątnym lub klucza szczękowego. Na osi pedałów wytłoczone są litery „L” lub „R”, które oznaczają lewą i prawą stronę.

Prawe pedały mają gwint prawy (normalny).

Lewe pedały mają gwint lewy (przeciwny).

2.2 Zamontować bloki do butów

Należy określić najlepszą pozycję dla bloków do butów i dokręcić je śrubami mocującymi za pomocą klucza z łbem walcowym o gnieździe sześciokątnym. Należy przestrzegać prawidłowego kierunku montażu bloków do butów > ostrym końcem do przodu!

2.3 Dostosowanie naprężenia pedałów

Napięcie sprężyn dla każdego pedału jest regulowane za pomocą śruby nastawczej znajdującej się na spodniej stronie pedału.

Aby zwiększyć napięcie sprężyny należy dokręcać śrubę nastawczą w kierunku zgodnym z ruchem wskazówek zegara.

Aby zmniejszyć napięcie sprężyny należy odkręcać śrubę nastawczą w kierunku przeciwnym do ruchu wskazówek zegara.

P SPEED 5 / 07639-200

Montagem dos pedais de encaixe e calçado

2.1 Montar os pedais nos braços dos pedais

Montar os pedais nos braços dos pedais com uma chave sextavada interior ou com uma chave de bocas. O eixo do pedal tem gravado um "L" ou um "R", para indicar o esquerdo e o direito.

O pedal direito tem uma rosca à direita (normal).

O pedal esquerdo tem uma rosca à esquerda (no sentido oposto).

2.2 Montar os encaixes dos sapatos

Determine a melhor posição dos encaixes e aperte os dois parafusos de fixação em cada sapato com uma chave sextavada interior. Observe a posição do encaixe > com o bico virado para a frente!

2.3 Adaptar a tensão dos pedais

A tensão de mola é adaptada em cada pedal na parte de trás do mesmo, através de um parafuso de ajuste.

Para aumentar a tensão de mola, apertar o parafuso de ajuste para a direita.

Para reduzir a tensão de mola, soltar o parafuso de ajuste para a esquerda.

DK SPEED 5 / 07639-200

Montering af klikpedaler og sko

2.1 Montering af pedaler på pedalarme

Monter pedalerne på pedalarmene med en unbrako- eller gaffelnøgle. På pedalakslen findes der et indpræget "L" eller "R" som viser venstre og højre.

Den højre pedal har et højrevind (normal).

Den venstre pedal har et venstregevind (modsat).

2.2 Montering af skoplader

Find den bedste skopladeposition og spænd de to fastgørelseskrue på hver sko fast med en unbrakonøgle. Vær opmærksom på, at skopladen vender rigtigt > spidsen fremad!

2.3 Tilpasning af pedalspænding

Fjederspændingen tilpasses for hver pedal med en indstillingsskrue på bagsiden af pedalen.

For at øge fjederspændingen, skal indstillingsskruen drejes med uret.

For at reducere fjederspændingen, skal indstillingsskruen drejes mod uret.

CZ SPEED 5 / 07639-200

Montáž nášlapných pedálů a bot

2.1 Montáž pedálů na kliky pedálů

Namontujte pedály na kliky pedálů imbusovým nebo plochým klíčem. Na ose pedálu je vyraženo "L" nebo "R", pro stanovení levé nebo pravé varianty.

Pravý pedál disponuje pravotočivým závitem (běžný závit).

Levý pedál disponuje levotočivým závitem (opačný závit).

2.2 Montáž zarážek

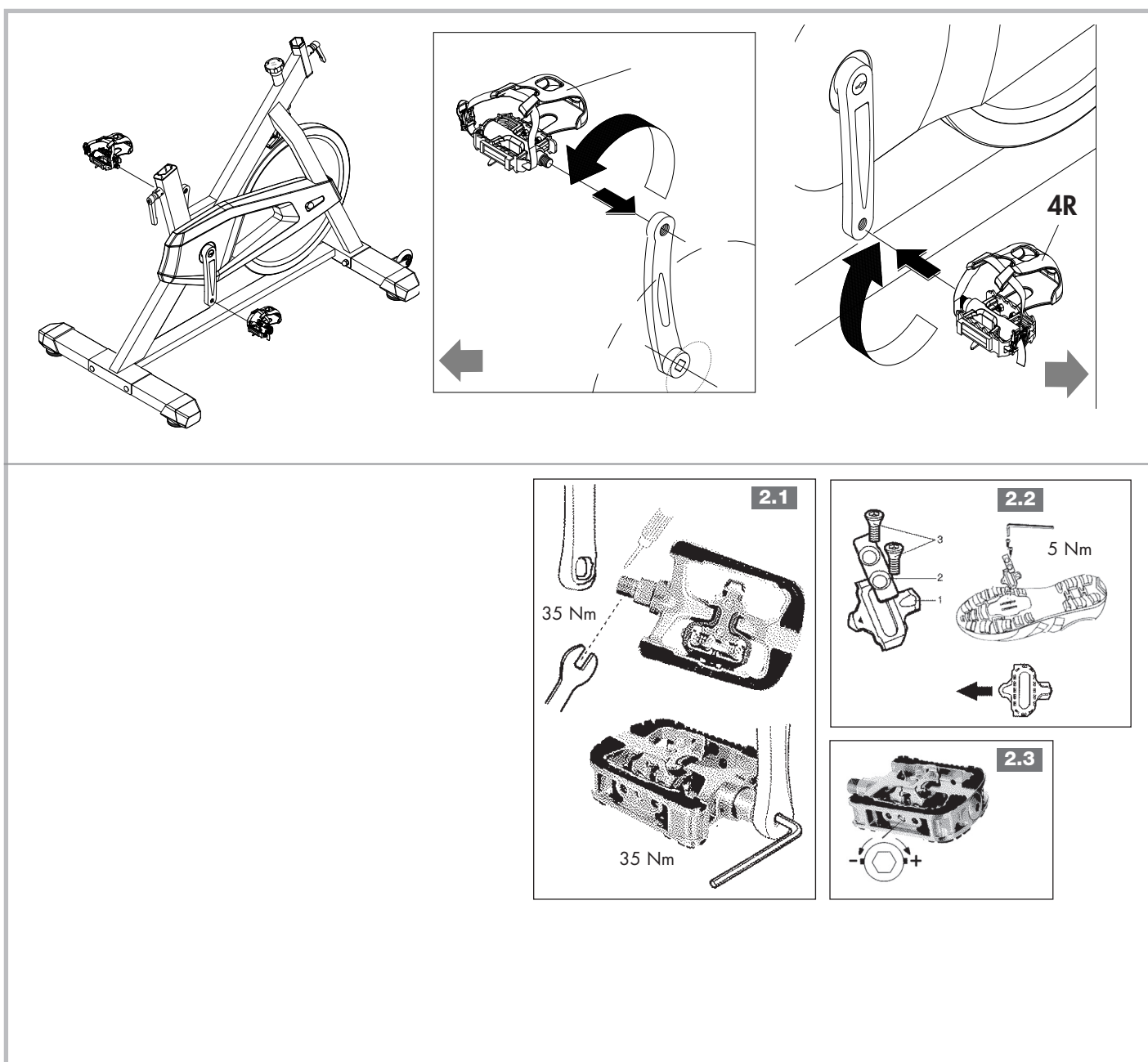
Určete si nejlepší polohu zarážky a dotáhněte na každé botě oba upevňovací šrouby imbusovým klíčem. Dodržte správné nasměrování zarážky > špičkou dopředu!

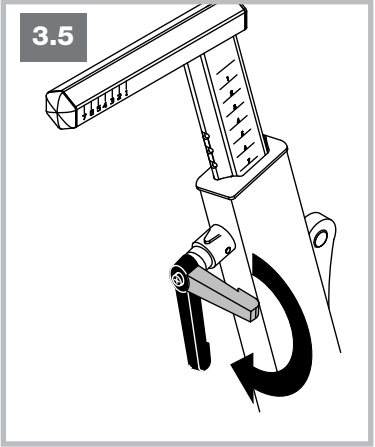
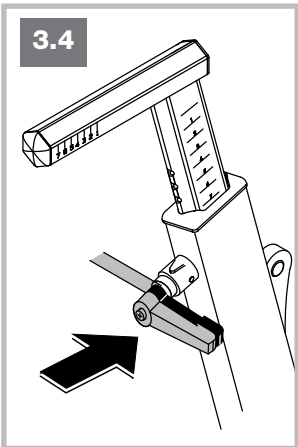
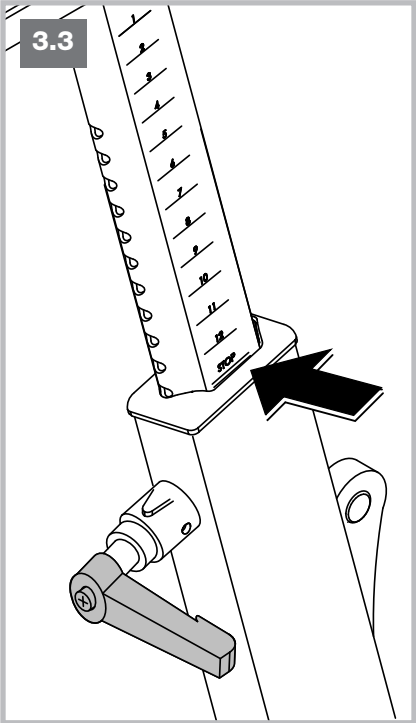
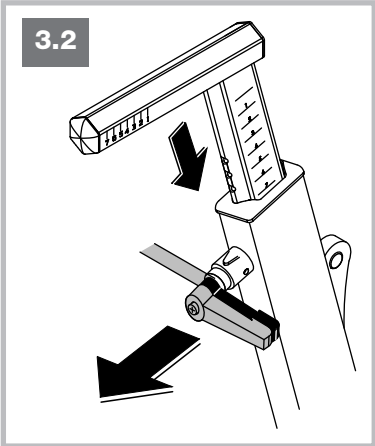
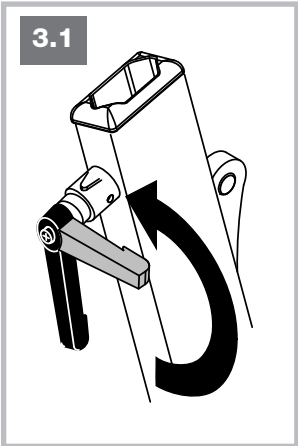
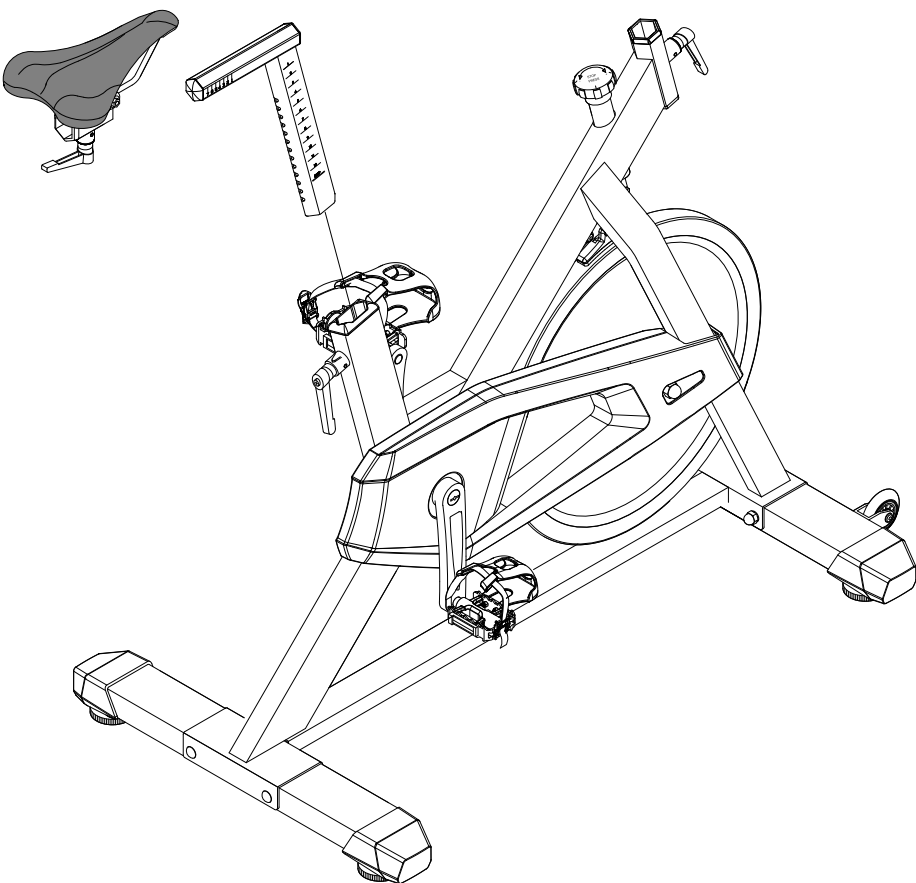
2.3 Úprava upnutí pedálu

Pružinové upnutí pedálu se na každém pedálu nastavuje na zadní straně pedálu nastavovacím šroubem.

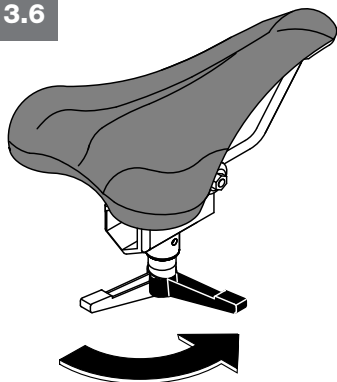
Pro zvýšení upnutí otočte nastavovacím šroubem ve směru hodinových ručiček.

Pro snížení upnutí otočte nastavovacím šroubem proti směru hodinových ručiček.

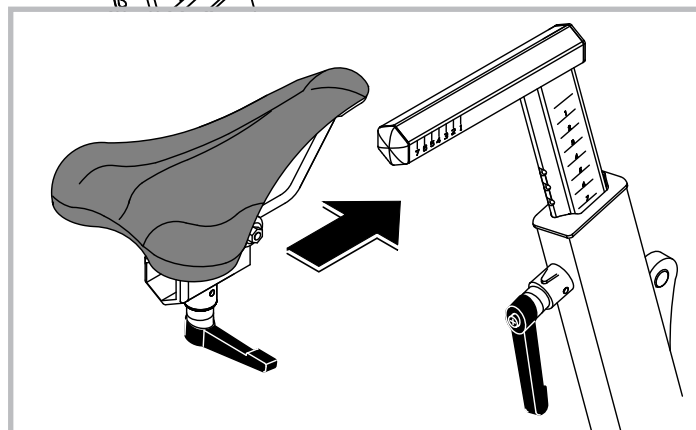
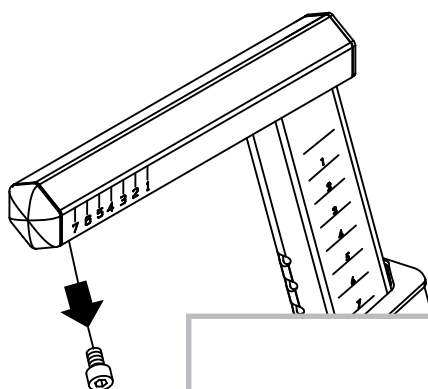




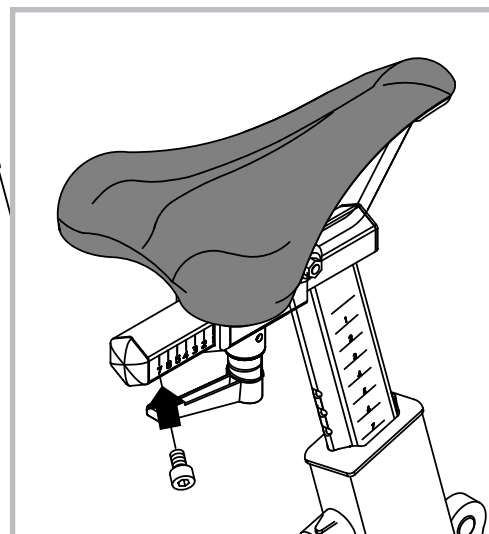
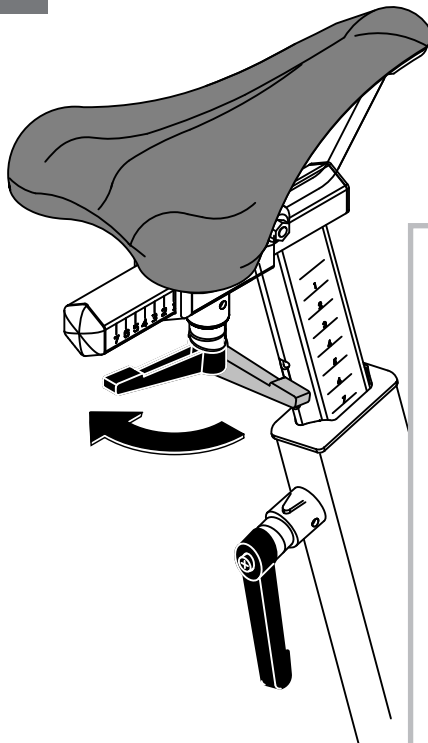
3.6

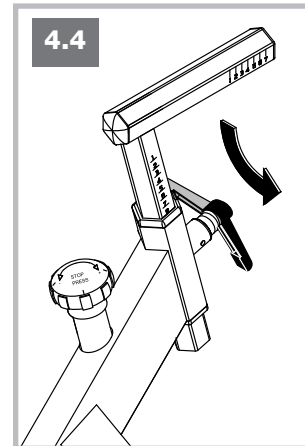
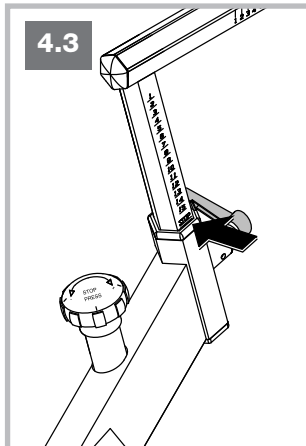
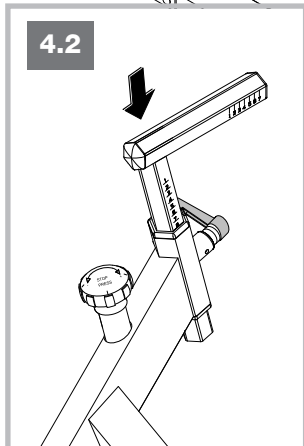
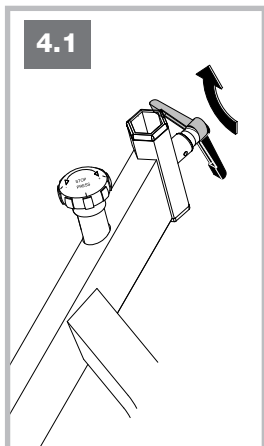
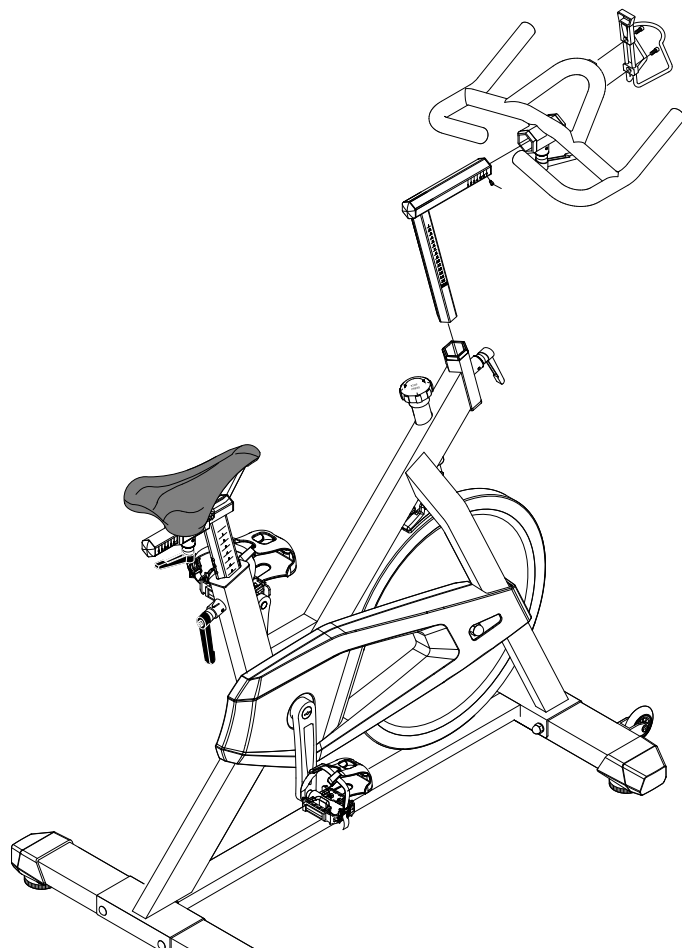


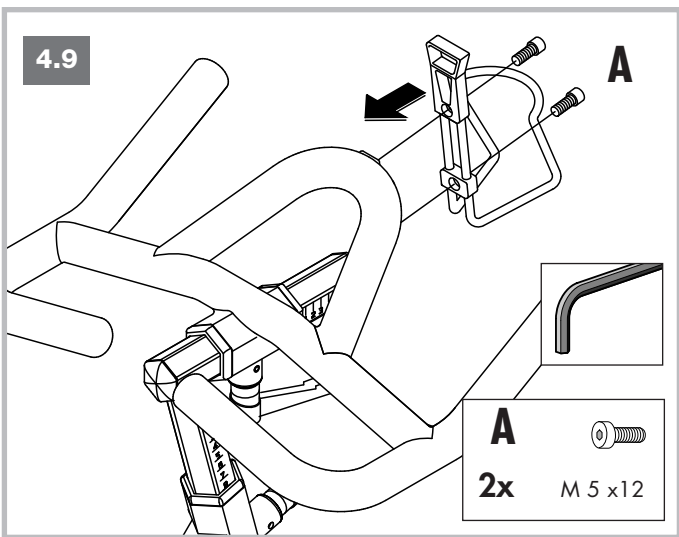
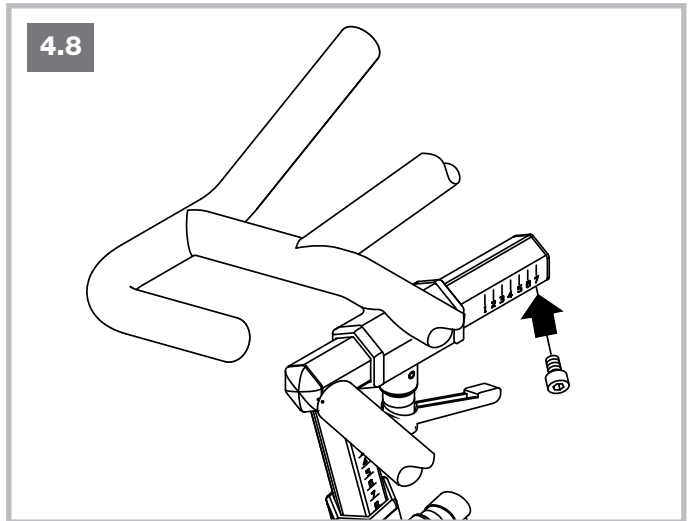
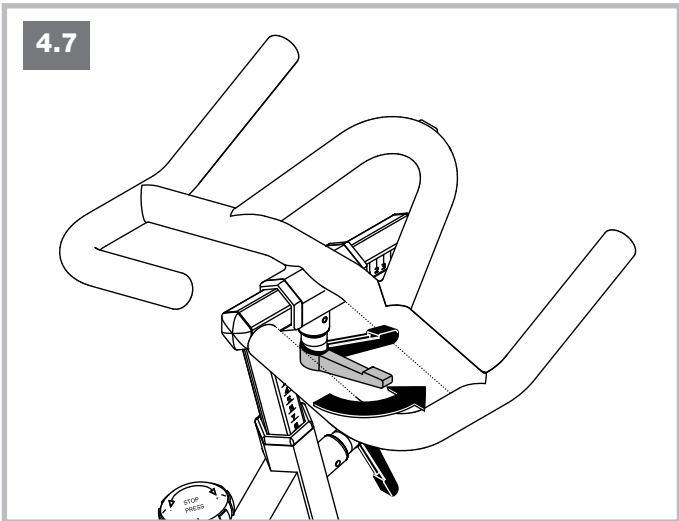
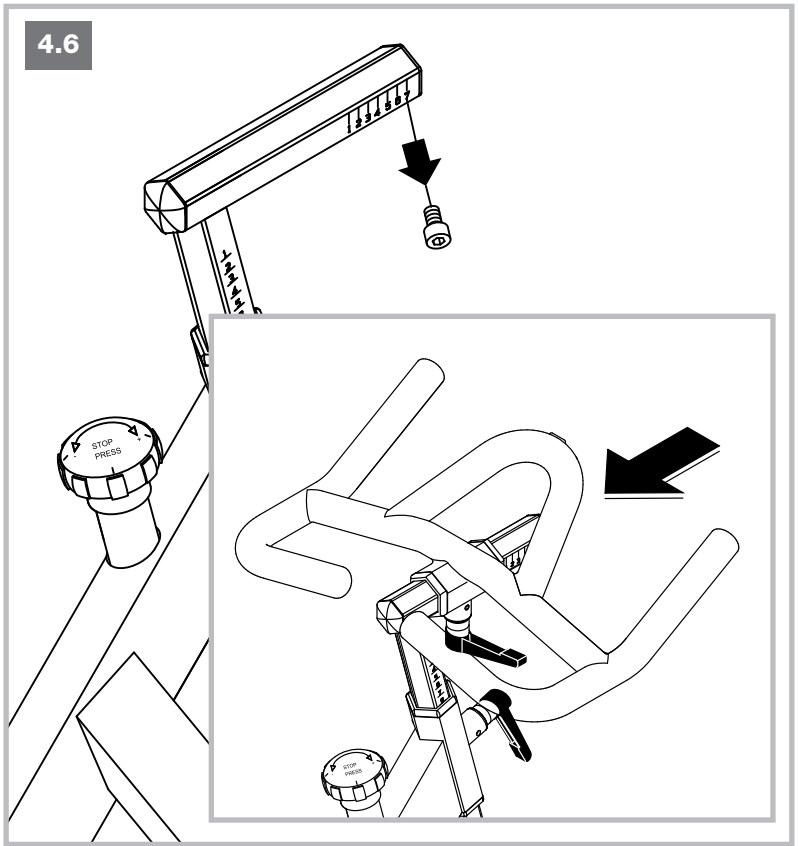
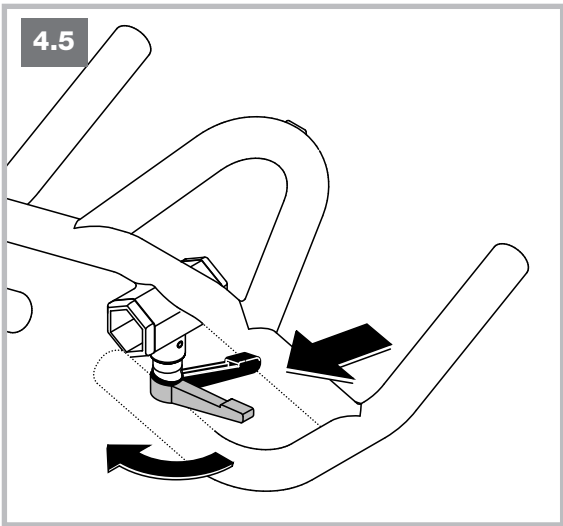
3.7

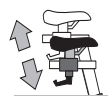


3.8









H 1 – H9

52-57



⚠ DANGER! The bicycle does not have a freewheel. The fly wheel is connected directly to the pedals via a V-belt and does not stop by itself. The wheels can only be stopped by pressing the emergency brake or by reducing pedalling in a controlled manner.

⚠ CAUTION! The training machine must be positioned on a horizontal, stable surface. Place suitable cushioning material underneath it for shock absorption and to stop it from slipping (rubber mats or similar).

The safety distance around the bike must be at least 1 metre larger than the area in which you are exercising.

H 1 Vertical seat setting

CAUTION! When the saddle is at its lowest seat setting, there is danger of crushing when loosening and tightening the seating position vertically.

H 1.1 – H 1.3 Loosen seat post.

H 1.4 – H 1.6 Set seat height to fit foot position and body mass. Do not raise the seat post above the stop mark!

H 1.7 – H 1.8 Tighten seat post. Sit on the saddle and ensure

that your pelvis is not tilted to one side. Stretch your leg out fully and place your heel on the pedal where the crank arm is pointing vertically downwards.

The foot shell on the pedal should hang downwards when the seat is at this height.

H 2 Horizontal seat setting

CAUTION! When the saddle is at its lowest seat setting, there is danger of crushing when loosening and tightening the seating position horizontally.

H 2.1 – H 2.2 Loosen the seat fixtures and position the right pedal in a horizontal position closest to the handlebars.

H 2.3 – H 2.4 Push the saddle along the post horizontally so that the right knee is over the middle of the pedal.

H 2.5 Tighten the horizontal saddle lock.

H 3 Vertical handlebar setting

CAUTION! When the saddle is at its lowest seat setting, there is danger of crushing when loosening and tightening the seating position horizontally.

H 3.1 – H 3.2 Loosen the vertical handlebar lock and push the handlebars along the scale. Do not pull the handlebar post beyond the stop marker!

H 3.3 – H 3.4 Set handlebar height for sport training and tighten lock.

For sport training, the handlebars are set in such a way so that the upper body is bent over forwards. This position makes the legs work harder.

H 3.5 – H 3.6 Set handlebar height for touring training and tighten lock.

For touring training, the handlebars are set in such a way so that the upper body can be kept upright. This position protects the back during training.

H 4 Horizontal handlebar setting

CAUTION! When the handlebars are at their lowest setting, there is danger of crushing when loosening and tightening the seating position horizontally.

H 4.1 – H 4.2 Loosen the vertical handlebar lock and push the handlebars along the scale. Do not pull the handlebar post beyond the scale!

H 4.3 Set the handlebars for sport training.
An indication of distance is one arm's length between the saddle and the handlebars.

H 4.4 Re-tighten the saddle lock.

H 5 Brake settings

H 5.1 Adjust the brakes towards the left > lower resistance

H 5.2 Adjust the brakes towards the right > greater resistance

H 5.3 Brake care: spray brake pad with silicon oil (WD 40) before each training session.

When setting the brake resistance yourself, the brake pad must be treated with WD 40 oil as it is subject to wear. Spray the WD 40 into the holes provided on the brake mount when the bicycle is stationary until the surface of the brake is completely saturated. Wipe away any excess oil.

Silicon oil is not delivered as part of the product.

H 5.4 **EMERGENCY STOP** The flywheel is stopped abruptly when the brake is fully pressed down. Please only use this in case of emergency!

H 6 Height setting - ground level

H 6 Set the height of the rear floor protectors so that the training equipment is steady.
Turn right > downwards; turn left > upwards.

H 7 Pedal mount

Speed 3 and speed 5

H 7.1 Training using normal training shoes: place foot into the foot shell.

For safety reasons, the foot shells must always be used when training.

H 7.2 Lock the foot into the foot shell.

Only using speed 5:

H 7.3 Training using click pedals and special click pedal shoes; click feet into the pedals.

For safety reasons, the feet must always be clicked into the click pedals when using click pedal shoes!

When click pedal shoes are not being used, the foot shells must be used!

Before use, grease the concave area of the cleat and lock the pedals in and release them a few times from a standing position.

Keep the cleats and pedals clean so that they continue to work perfectly.

The cleats and click pedals are suitable for all standard click shoes. The cleats allow the foot to turn sideways to take pressure off the knees.

Before use, adjust the strength of the pedal lock as required.

CAUTION!

Check the pedals before each training session.

Change the pedals as soon as you notice backlash on the pedal axle so as to avoid any danger.

H 7.4 Disengage from the click pedals by turning the heel sideways.

H 8 Security devices

It is only necessary to secure the equipment when using speed 3.

H 8.1 – H 8.2 Lock the equipment using the cable lock attached so as to avoid danger of it being used without authorisation.

Place the lock as tightly around the pedals as possible so that they cannot be used.

H 9 Moving the equipment

H 9 The transport castors provided make it safe and easy to move the equipment. Use the castors as shown in the illustration.

H 10 V-belt tension

H10L - H10R To tighten the V-belt, the flywheel bearing must be loosened on both the right and left sides.

H 10.1 Loosen the flywheel bearing.

H 10.2 Loosen the lock nut.

H 10.3 Tauten the V-belt > push the flywheel forwards and lock the front fixture/mount.

H 10.4 Lock/secure the clamping bolt.

H 10.5 Fix flywheel bearing. Brake care;

Make sure that you are sitting in the correct ergonomic position when training. Adjust the seating position depending on the aim of your training session by referring to the handling instructions **H1.5 - H1.6; H1.5 - H2.3-2.4 and H3.3 + H3.5.**

Handhabungshinweise

- GB - Handling

- F - Utilisation

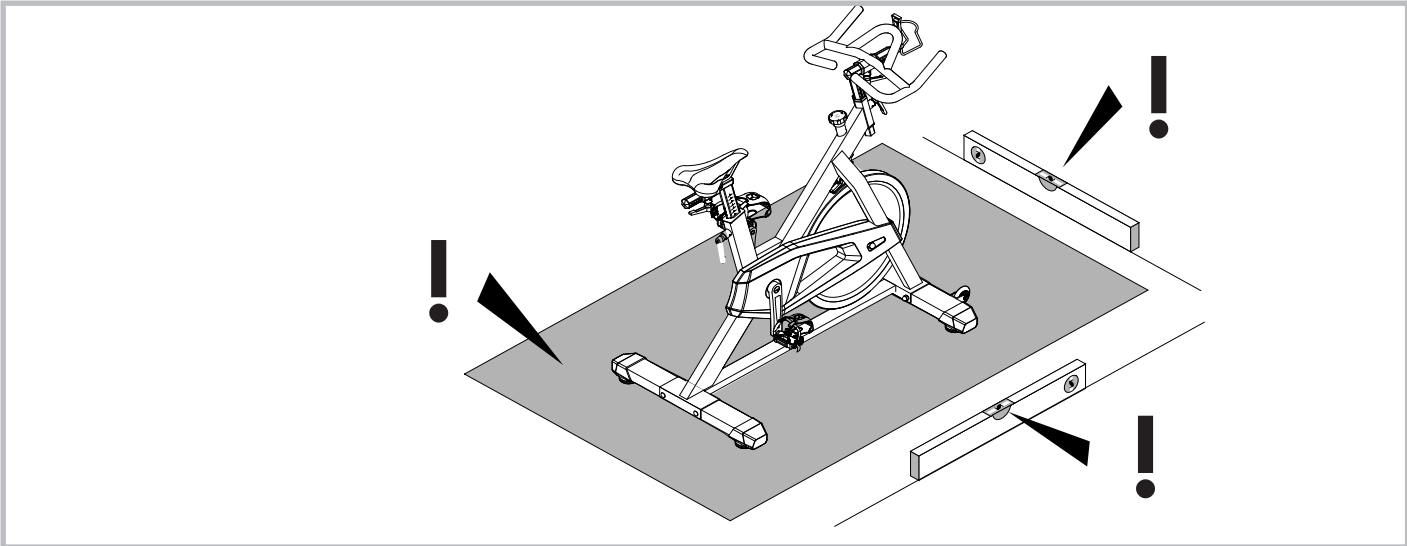
- NL - Handleiding
- E - Aplicación

- I - Utilizzo

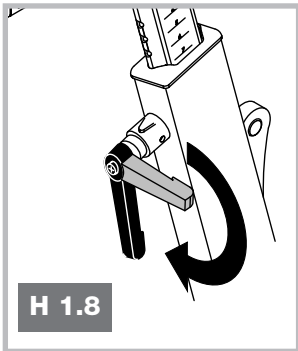
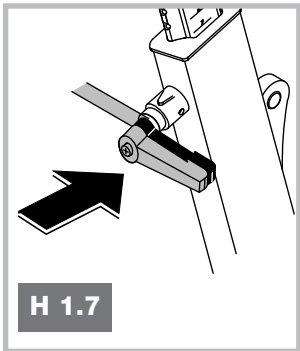
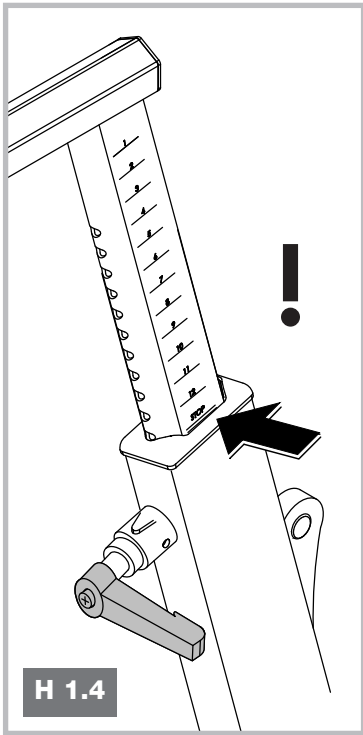
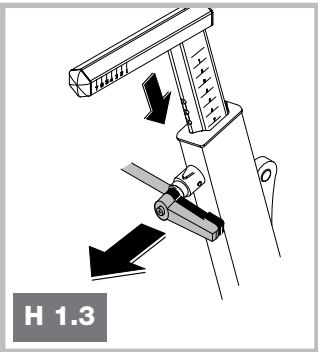
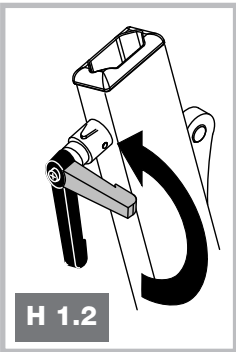
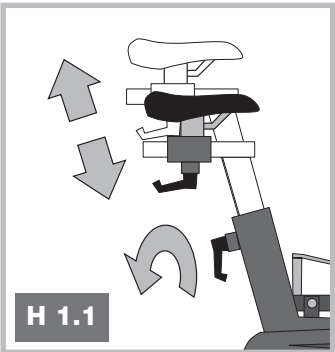
- PL - Zastosowanie
- P - Notas sobre o manuseamento

- DK - Håndtering

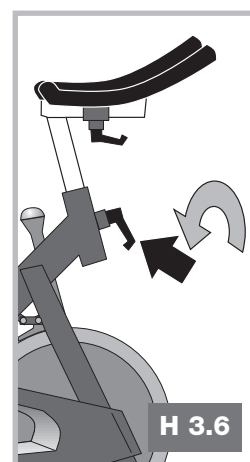
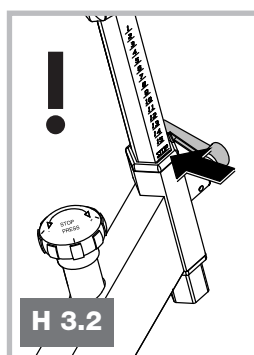
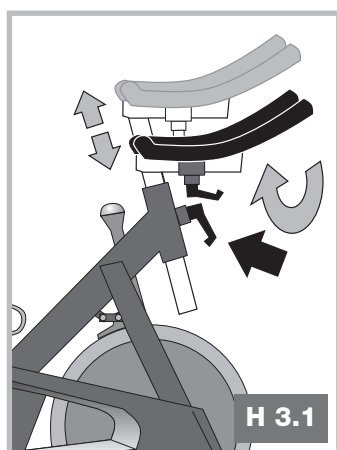
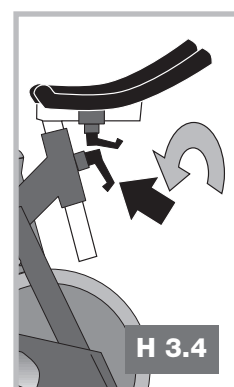
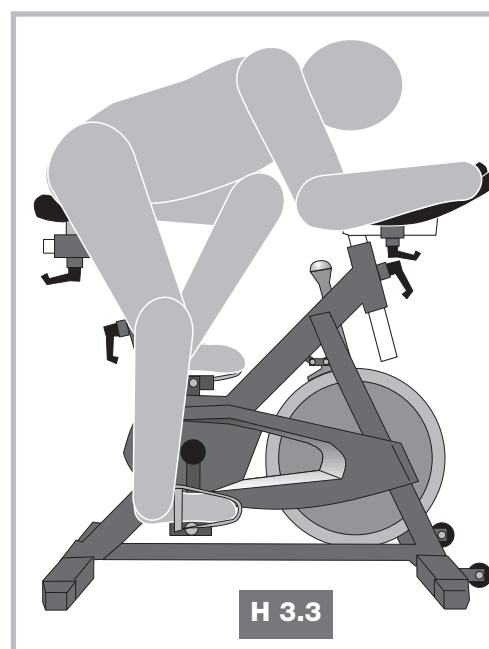
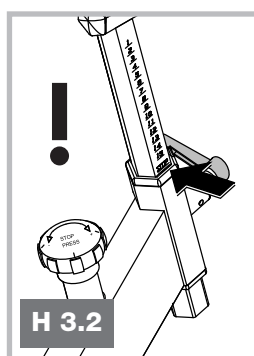
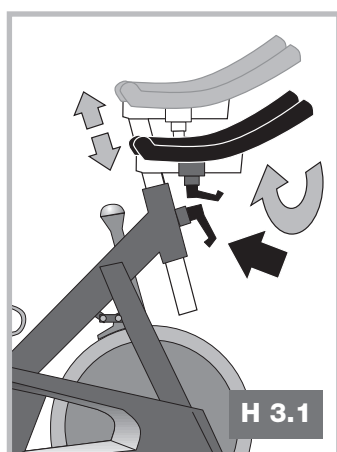
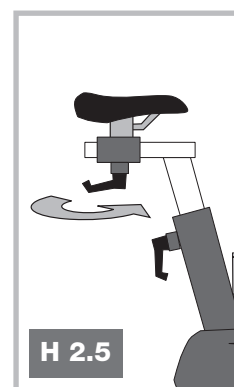
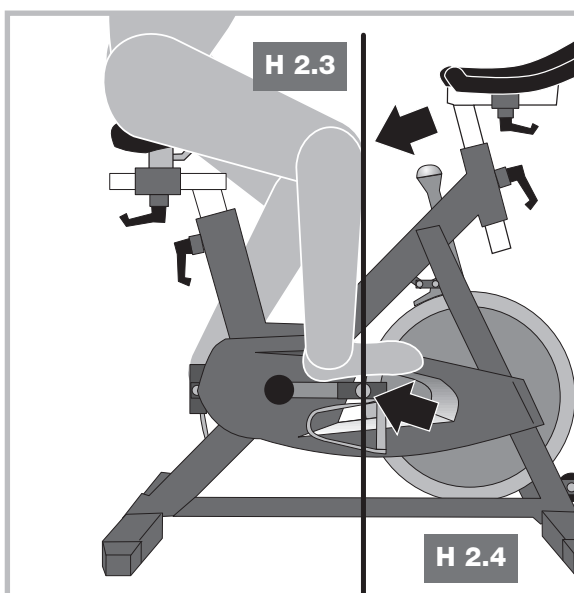
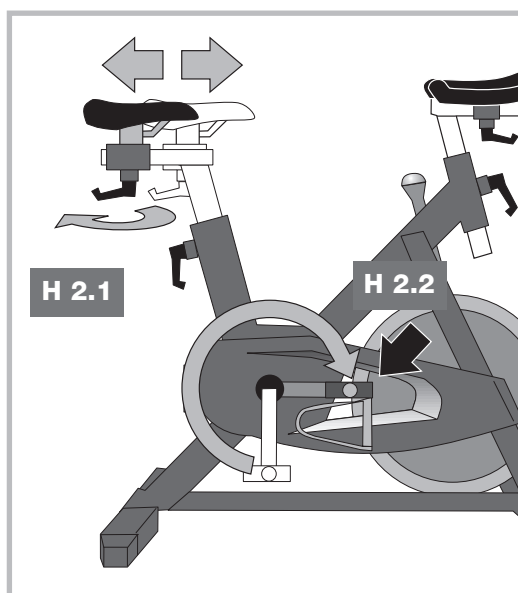
- CZ - Pokyny k manipulaci

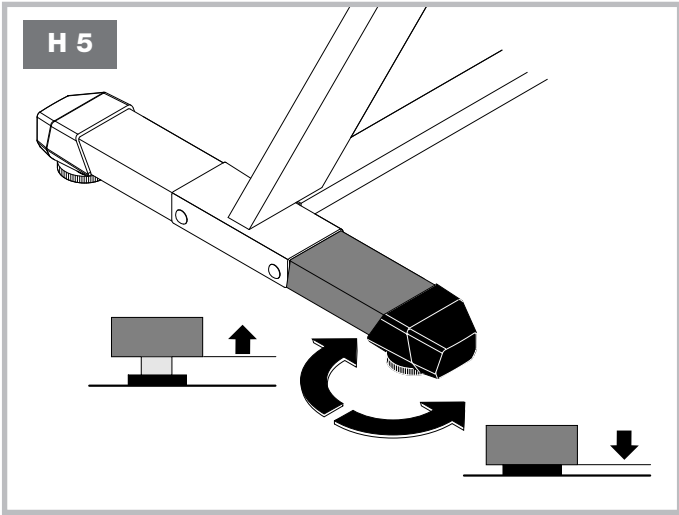
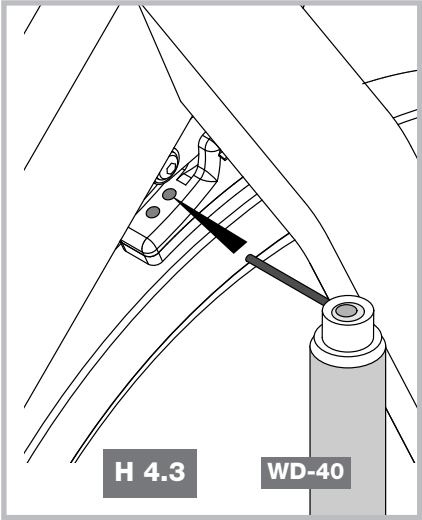
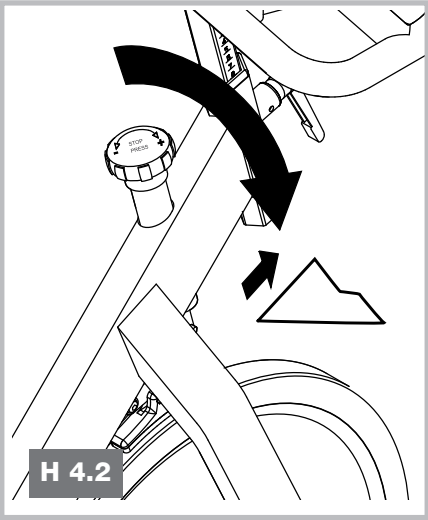
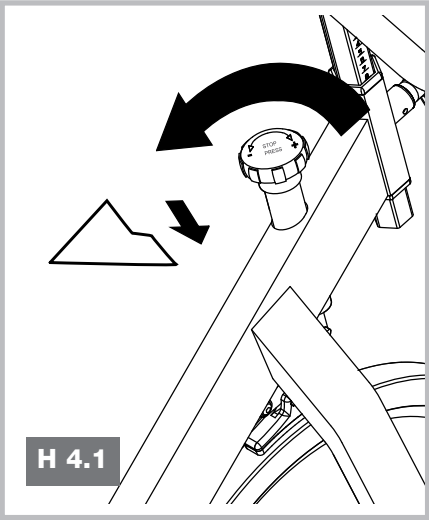


H 1



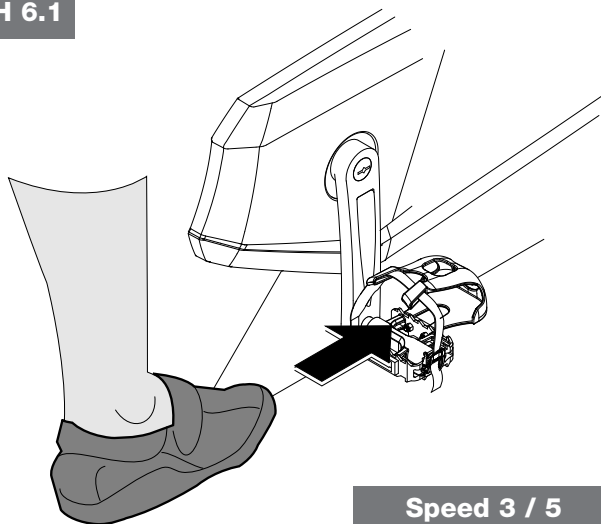
H 2 / H 3



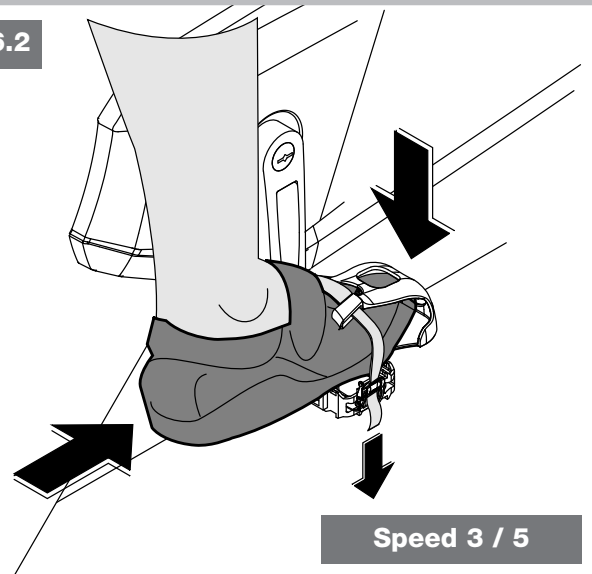


H 6

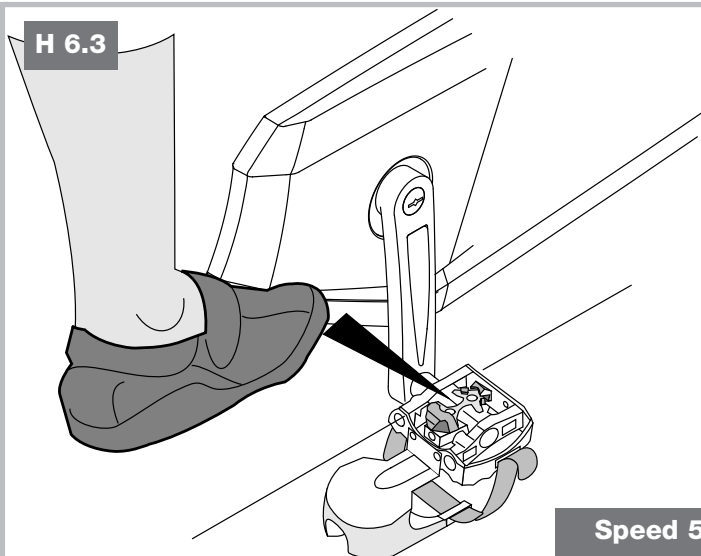
H 6.1



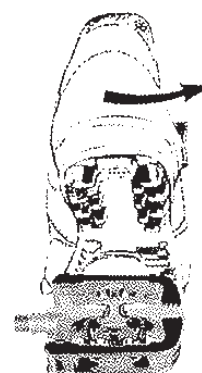
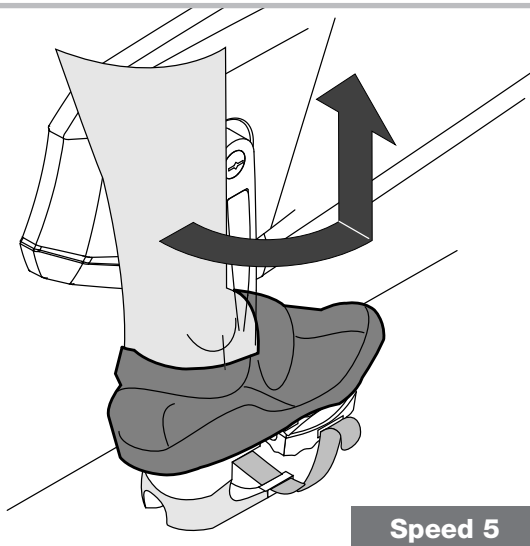
H 6.2



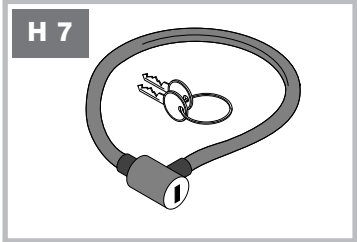
H 6.3



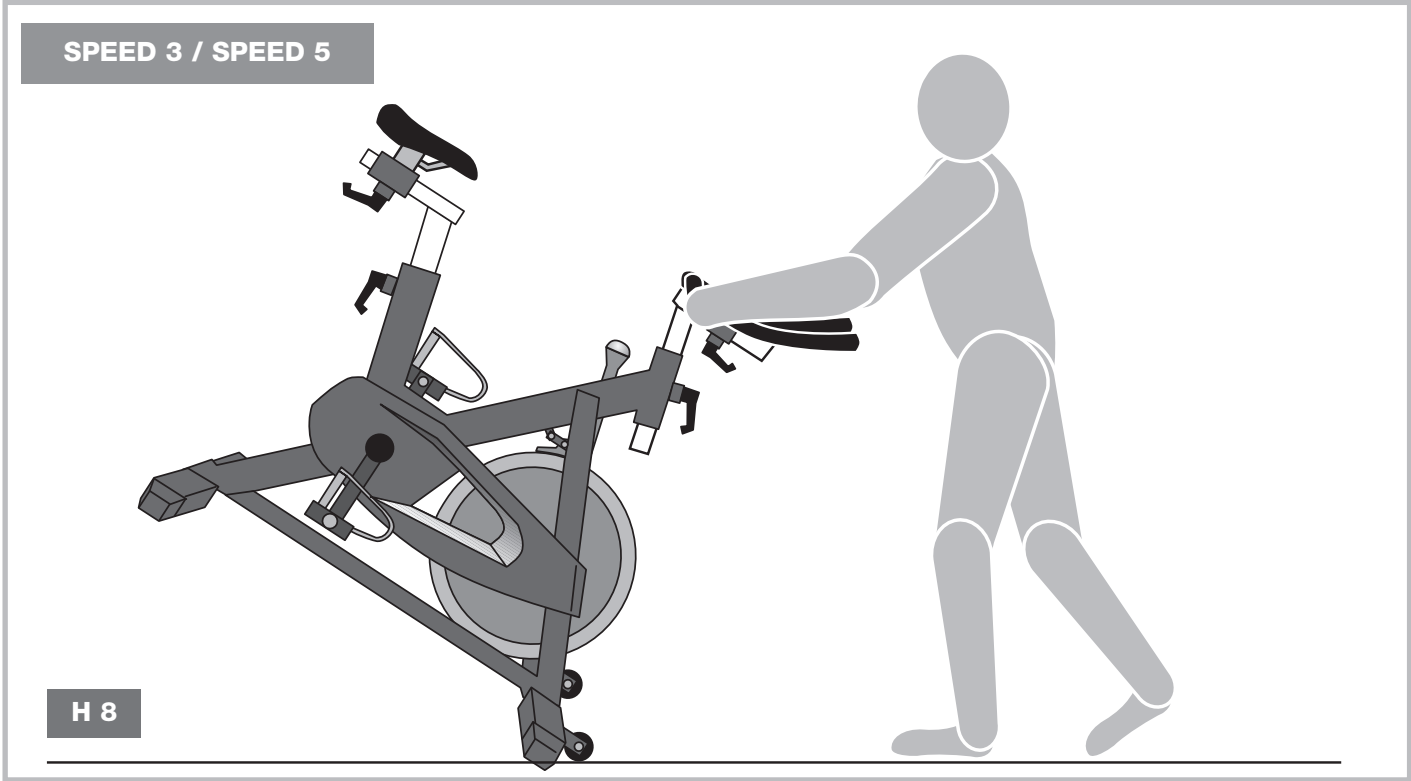
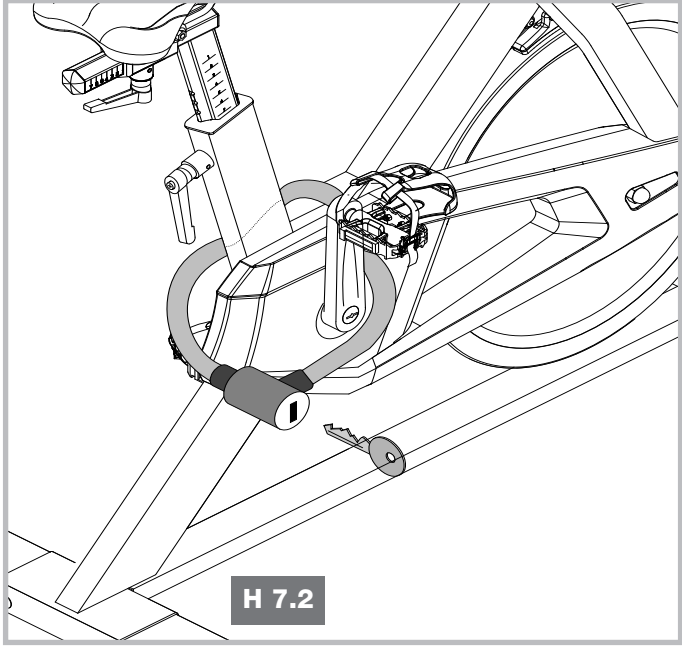
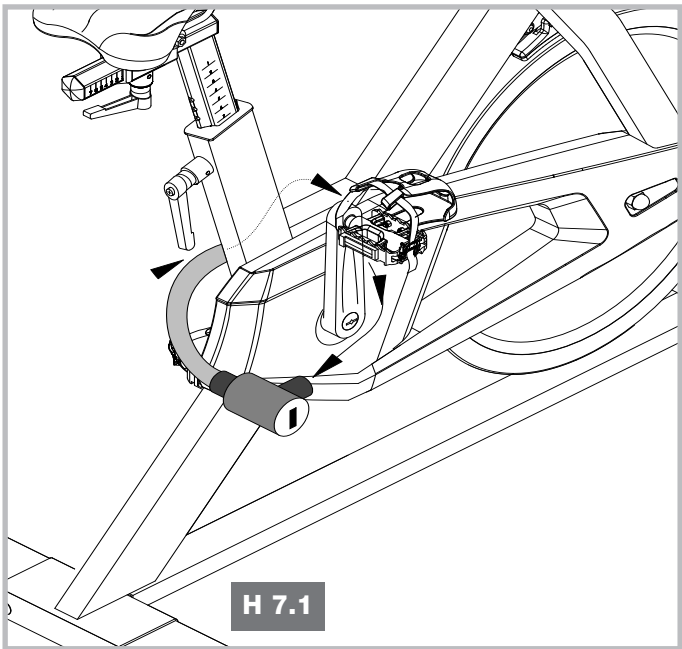
H 6.4

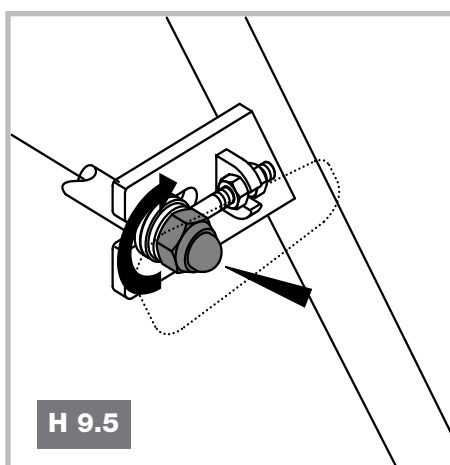
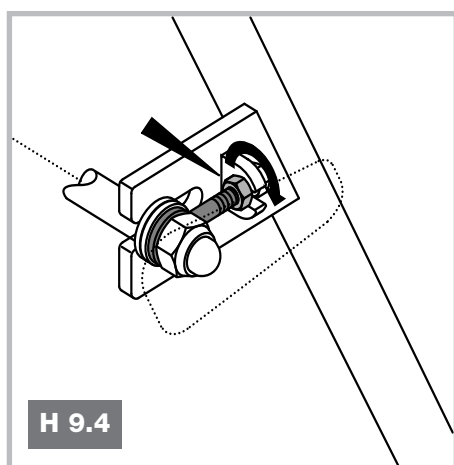
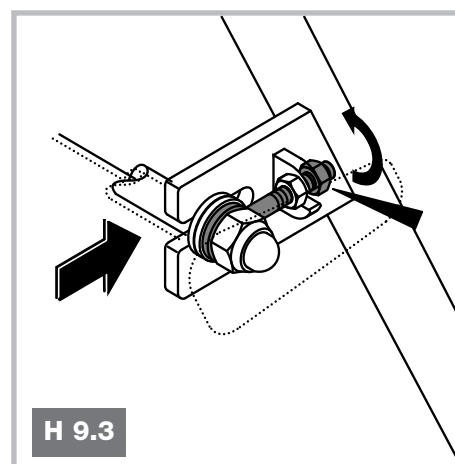
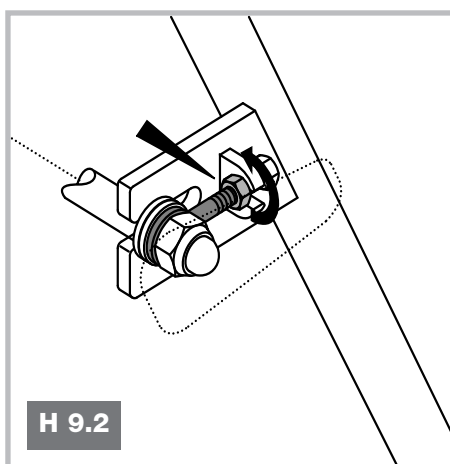
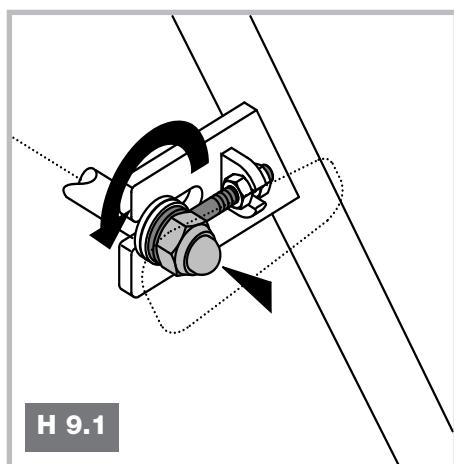
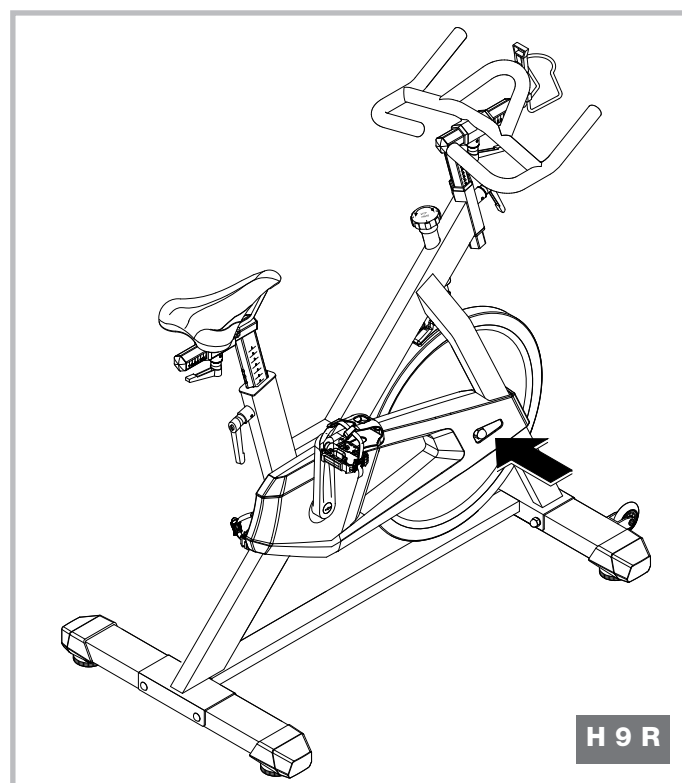
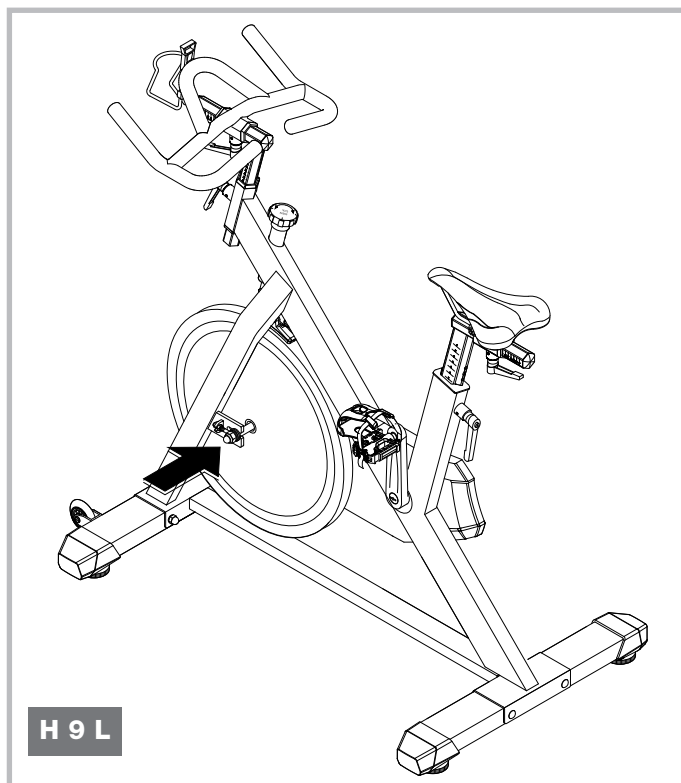


H 7 / H 8



SPEED 3
07639-100 !





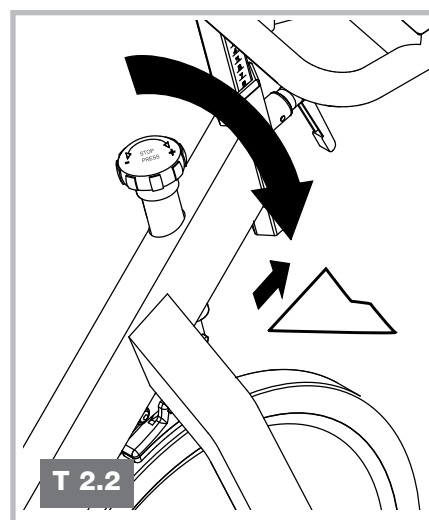
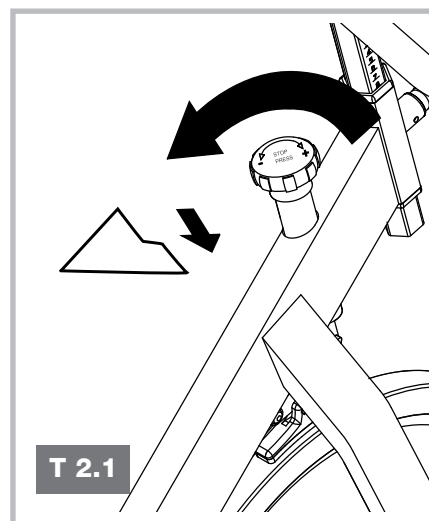
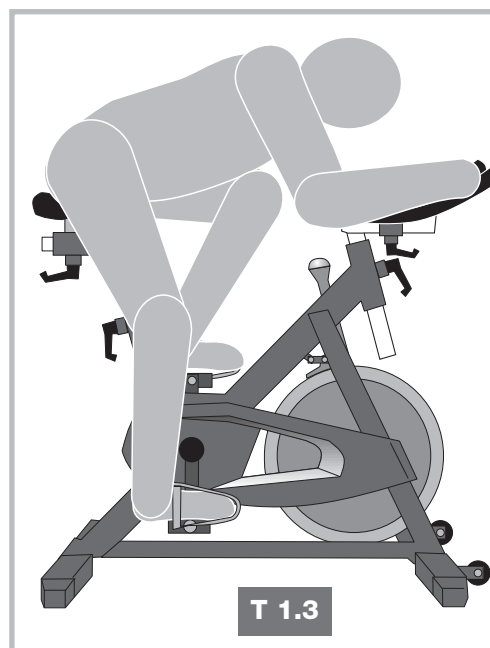


GB

The three hand positions (L1, L2, L3) provide the greatest level of safety and prevent injuries.

F

Les trois positions des mains (L1-L2-L3) offrent une sécurité maximale et préviennent les blessures.



GB Training instructions

Sports medicine and physical education also use the exercise bike to check how well the cardiovascular and respiratory systems are working.

You can verify whether your training sessions are having the desired effect after a few weeks in the following way:

1. You are able to reach a certain level of endurance with less strain on your cardiovascular system than before.
2. You are able to maintain a certain level of endurance with the same cardiovascular output over a longer period of time.
3. You recover quicker than before when your cardiovascular system is performing at a certain level.

Speed 3 and speed 5 training sessions are designed to provide intensive bike training across different terrain. Different terrain and routes are simulated by using various different training features.

Training features

Various training features are available for altering the intensity of your training session:

- T1** 3 hand and seat positions
- T2** 2 types of terrain (flat country and hill country) = change in resistance + / -
- T3** 2 step frequencies rpm (rpm = revolutions per minute > pedal revolutions)
- T4** 5 energy zones (when training using pulse measurement)

T1 Hand and seat positions (with image)

- T1.1 Sitting/hands in pos. 1 or 2 (when sprinting)
- T1.2 Standing upright/hands in pos. 3
- T1.3 Sitting and tilted forward/hands in pos. 1 or 3

T2 Types of terrain = resistance can be changed infinitely

- T2.1 Flat country
- T2.2 Hill country (uphill)

T3 Pedalling frequency = tempo options (pedal revolutions)

- T3.1 Flat country > medium to maximum speed > 80-110 rpm
 - T3.2 Hill country > normal to medium > 60-80 rpm
- You can adjust your pedalling to background music that has different rhythms.

T4 Energy = heart rate monitor

Heart rate monitor:

A heart rate monitor is not delivered as part of the product.

If you use a heart rate monitor during your training session, please note the following advice:

Maximum heart rate: The maximum heart rate is dependant on age.

Maximum heart rate per minute equals 220 beats minus your age.

Example: 50 years old > $220 - 50 = 170$ beats/min.

The exertion levels are shown as a percentage (%) of this calculated value.

e.g. 50 years old: 100% = 170 beats/min.; 70% = 119 beats/min. etc.

- T4.1 Recovery > 50 - 65%
- T4.2 Endurance > 65 - 80%
- T4.3 Power > 75 - 85%
- T4.4 Interval > 65 - 92%
- T4.5 Racing mode > 80 - 92%

You should only be in a racing mode of > 92% for a short period of time!

Being able to combine different training features allows you to customise your own training session.

Length and frequency of each training session each week:

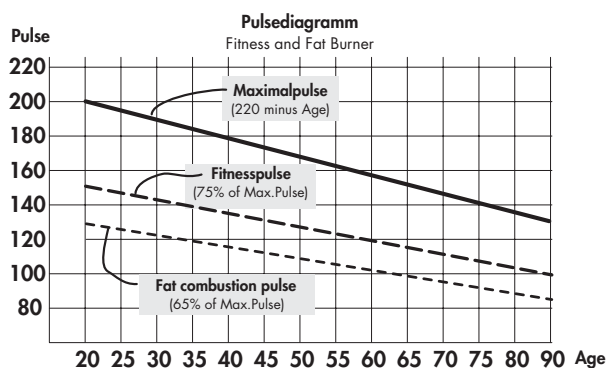
The ideal exertion range is achieved if 65 - 75% of the cardiovascular output level is reached over a longer period of time.

Rule of thumb:

Beginners should start with short training sessions of between 20 and 40 minutes.

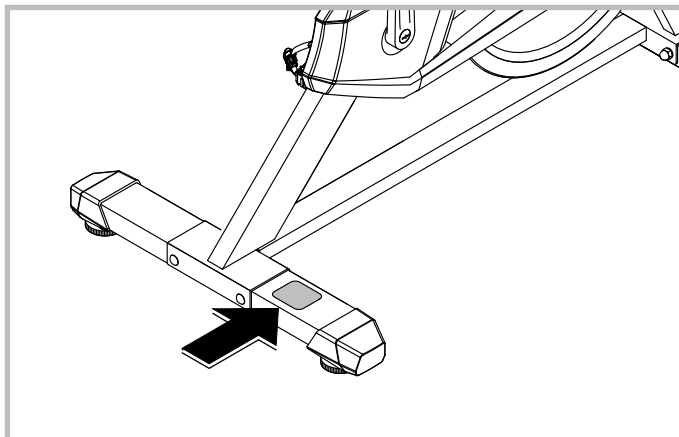
During the first four weeks, a beginner's training programme might look like the following:

5 minutes of stretching both before and after the training session to either warm up or cool down. Between two training sessions, there should be one day where you do not train if you intend at a later date to increase training sessions of 3 times a week to between 30 and 60 minutes each. Otherwise, there is no reason not to train every day.



Ersatzteilbestellung

- GB - Spare parts order
- F - Commande de pièces de rechange
- NL - Bestelling van reserveonderdelen
- E - Pedido de recambios
- I - Ordine di pezzi di ricambio



- D - Beispiel Typenschild -
Seriennummer
- GB - Example Type label
- Serial number
- F - Exemple Plaque signalétique -
Numéro de série
- NL - Bij voorbeeld Typeplaatje
Seriennummer
- E - Ejemplo Placa identificativa -
Número de serie
- I - Esempio Targhetta tecnica
- Numero di serie
- PL - Przykłady Tabliczka identyfikacyjna - Numer serii

- P - Exemplo placa de características - número de série
- DK - Eksempel type label - serienummer
- CZ - Příklad typového štítku - sériové číslo

- D - Farbliche Abweichungen bei Nachbestellungen sind möglich und stellen keinen Reklamationsgrund dar.
- GB - Colours may vary with repeat orders and this does not constitute grounds for complaint.
- F - Des écarts de coloris sont possibles lors de commandes ultérieures et ne sont pas motif à réclamation.
- NL - Bij nabestellingen kunnen er kleurafwijkingen voorkomen, dit is geen reden voor reclamatie.
- E - Es posible que, en pedidos posteriores, los colores de la máquina varíen, hecho que no se considera causa de reclamación.
- I - In caso di ordini successivi, sono possibili variazioni di colore che non rappresentano un motivo di reclamo.

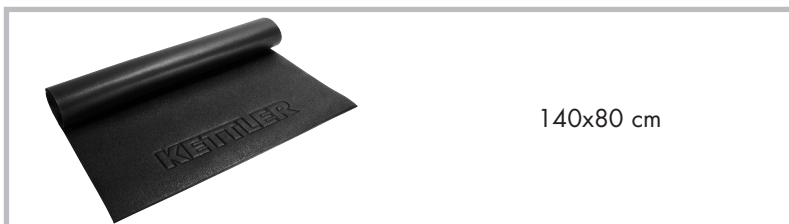
- PL - Zamówienie części zamiennych
- P - Encomenda de peças sobressalentes
- DK - Bestilling af reservedele
- CZ - Objednání náhradních dílů

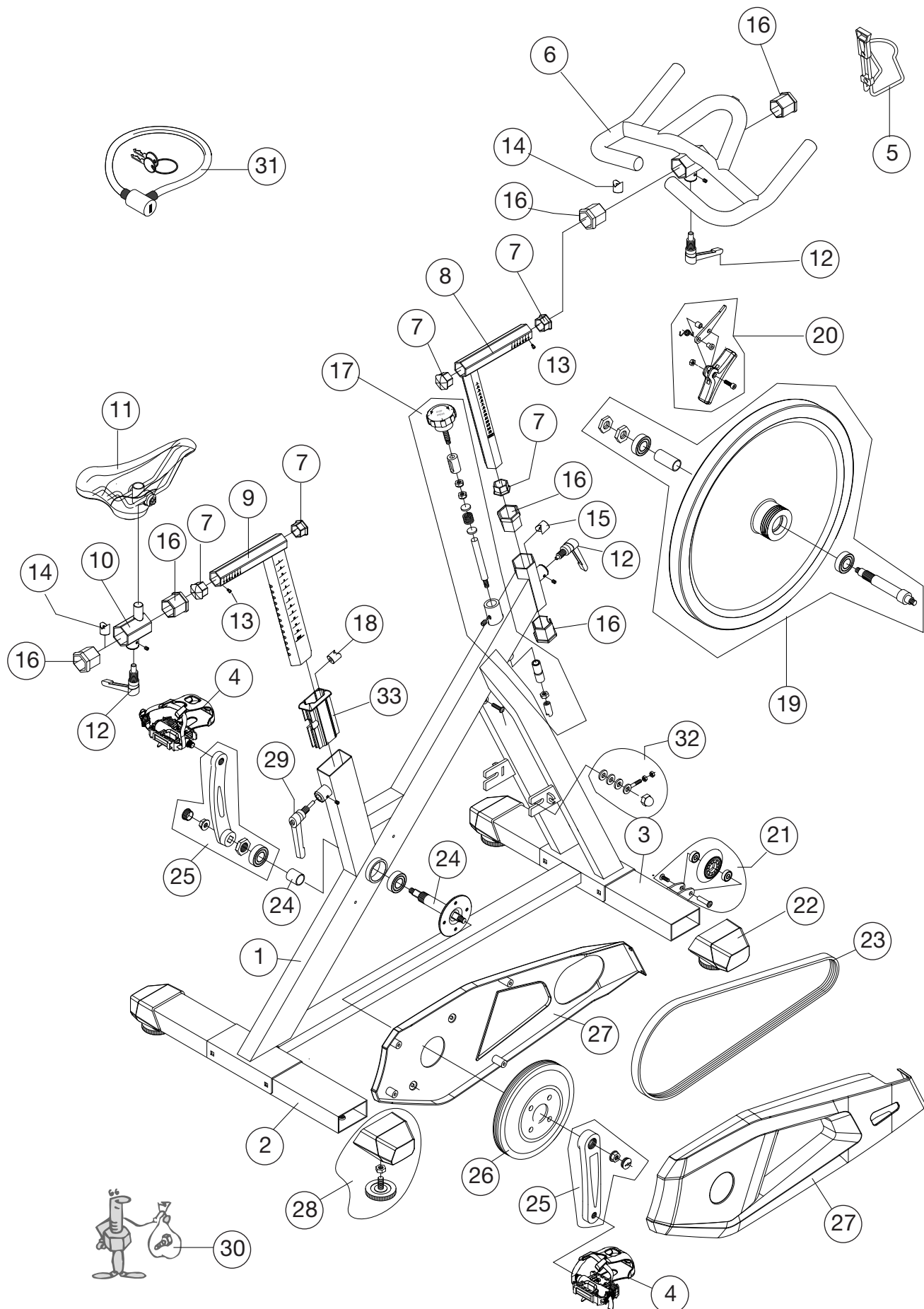
- D - Geben Sie bei Ersatzteilbestellungen bitte die vollständige Artikelnummer, die Ersatzteilnummer, die benötigte Stückzahl und die Seriennummer des Gerätes an.
- GB - When ordering spare parts, always state the full article number, spare-part number, the quantity required and the S/N of the product.
- F - En cas de commande de pièces de rechange, nous vous prions de mentionner la référence article, le numéro de pièce de rechange, la quantité demandée et le numéro de série de l'appareil.
- NL - Vermeld bij de onderdelenbestellingen a.u.b. het volledige artikelnummer, het onderdeelnummer, het benodigde aantal en het serienummer van het apparaat.
- E - Indicar con los pedidos de piezas de repuesto el número completo del artículo, el número de la pieza de repuesto, las unidades solicitadas y el número de serie del aparato.
- I - Per l'ordinazione di parti di ricambio indicate il completo numero di articolo, della parte di ricambio, il numero di unit necessario nonché il numero di serie dell'apparecchio.
- PL - Przy zamawianiu części zamiennych proszę podawać kompletny numer artykułu, numer części zamiennej i numer serii urządzenia.
- P - Ao encomendar peças sobressalentes, por favor indique o número completo do artigo, o número da peça sobressalente, o número de unidades necessárias e o número de série do aparelho.
- DK - Ved bestilling af reservedele skal du altid opgive det fuldstændige artikelnummer, nummeret på reservedelen, det ønskede antal og maskinens serienummer (se Håndtering).
- CZ - Při objednání náhradních dílů prosím udejte úplné číslo zboží, číslo náhradního dílu, potřebný počet kusů a sériové číslo přístroje.

- PL - Przy zamówieniach dodatkowych mogą wystąpić różnice w kolorze, które nie stanowią podstaw do reklamacji.
- P - Existe a possibilidade de desvios nas cores de peças encomendadas posteriormente e tal não constitui motivo de reclamação.
- DK - Afvigende farver er mulig ved efterbestillinger og er ingen reklamationsgrund.
- CZ - Barevné odchylky při doobjednávání jsou možné a nepředstavují žádný důvod k reklamaci.

Zubehörbestellung

- GB - Accessories ordering
- F - La commande d'accessoires
- NL - Accessoires bestellen
- E - Para pedidos de accesorios
- I - L'ordine di accessori
- PL - Akcesoria zamawiania
- P - Acessórios ordenação
- DK - Tilbehør bestilling
- CZ - Příslušenství k objednání





Ersatzteilbestellung

- GB - Spare parts order
- F - Commande de pièces de rechange
- NL - Bestelling van reserveonderdelen
- E - Pedido de recambios
- I - Ordine di pezzi di ricambio

- PL - Zamówienie części zamiennych
- P - Encomenda de peças sobressalentes
- DK - Bestilling af reservedele
- CZ - Objednání náhradních dílů

		SPEED 3 07639-100	SPEED 5 07639-200	
①	1x			
②	1x	68001068	68001068	
③	1x	68001069	68001069	
④	1x	68001070	68001100	
⑤	1x	68001071	68001071	
⑥	1x	68001072	68001072	
⑦	4x	68001073	68001073	
⑧	1x	68001074	68001074	
⑨	1x	68001075	68001075	
⑩	1x	68001076	68001076	
⑪	1x	68001077	68001101	
⑫	3x	68001078	68001078	
⑬	2x	68001079	68001079	
⑭	2x	68001080	68001080	
⑮	1x	68001081	68001081	
⑯	4x	68001082	68001082	
⑰	1x	68001083	68001083	
⑱	1x	68001084	68001084	
⑲	1x	68001085	68001102	
⑳	1x	68001086	68001086	
㉑	2x	68001087	68001087	
㉒	2x	68001088	68001088	
㉓	1x	68001089	68001089	
㉔	1x	68001090	68001090	
㉕	1x	68001091	68001091	
㉖	1x	68001092	68001092	
㉗	1x	68001093	68001093	
㉘	1x	68001094	68001094	
㉙	1x	68001095	68001095	
㉚	1x	68001096	68001096	
㉛	1x	68001097	-	
㉜	1x	68001098	68001098	
㉝	1x	68001099	68001099	



docu 3268a/08.14